

Winter 2014

PILGRIMS'  
FRIEND  
SOCIETY

# The Pilgrims' MAGAZINE



*The tranquil, Japanese inspired  
water feature at Evington,  
commended by the judges*

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CHRISTIANS  
FOR OLDER  
PEOPLE

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# A gift you can give this Christmas that won't cost a penny

Louise Morse

**H**alf a million older people will spend Christmas Day alone, according to the Royal Voluntary Service (RVS). Many say they don't want to be seen as a burden: their families have moved away or, sadly, they don't talk to their children anymore.

A third said their families lived too far away, or were in a different country, while others said they didn't want to put their family under any extra pressure at Christmas. Some said they simply hadn't been invited to spend the day with anyone.

There are said to be three and a half million people living on their own in the UK, and the 'Campaign to End Loneliness' says that 800,000 are chronically lonely. The website ([www.campaigntoendloneliness.org](http://www.campaigntoendloneliness.org)) says that loneliness is as harmful to health as

smoking fifteen cigarettes a day. Feelings of loneliness are also known to be a precursor to dementia.

Health Secretary Jeremy Hunt has said that there is a collective 'national shame' in ignoring the emotional needs of people in care homes or isolated in their own homes.

A few months ago Janet Jacob and I recorded a programme for Trans World Radio where we described things that our churches could be doing, and some time in December the broadcaster will be airing a programme looking at the topic again, with some points covered by me during a fresh interview.

How to tackle the loneliness of older people isn't as straight forward as it seems. It's the loss of people you've known and enjoyed that makes solitude so hard when you're older.

**The big question we're always asked is – what could we be doing? *What are other churches doing?***

## Objectivised and patronised

Older people don't like to feel that they're being patronised or made an object of charity. They also don't want to be seen as belonging to a category by themselves, labelled 'elderly' or 'older people'. They are just ordinary folk the same as everyone else; it's just that they've lived longer. For arguably, churches are communities unlike any others. From the events in the book of Acts onwards, the church has nurtured,

corrected, educated, informed, encouraged and supported believers. Whatever our wider community, our church is the heart of our community in Christ. It's the place we come to regularly and the place we belong. It is a sad thing when older church members slip under the radar and are forgotten by the fellowship.

## Churches are doing something

The good thing – the really great thing – is that churches are already doing something about it. Through our talks and publications, Pilgrims' Friend Society has become known as experienced in issues of old age. Fellow Christians come and share what they are doing and ask for ideas and suggestions. An example is the couple who came to hear our seminar on 'Empowering Older People' at Christian Resources Exhibition earlier this year. They heard the talk and came to our stand afterwards with more questions. They'd travelled three hours only to attend this seminar, they told us. They are typical of fellow Christians who want to help older people, both within the church and in the wider community.

The big question we're always asked is – what could we be doing? ***What are other churches doing?***

***This is where we come to the gift that will cost you nothing!*** Please take a moment and tell us what your church is doing to combat loneliness. Send an email or a letter, or even telephone if that's easier for you.

Perhaps you take around prayer requests? Do you collect people



to bring to church? Do you have a worker dedicated to the wellbeing of older people? Does your church have fellowship groups? Do you have a link to Social Services, who will pass your church name on to vulnerable older people in your area? Many churches have told us about their afternoon clubs, that have grown to quite a size, many churches have friendly family lunches for people in their local community. Also, have you found a way of keeping in touch with your precious older folk without them feeling patronised?

What you share may seem simple to you, but it could be priceless to others. It could be a gift this Christmas time that goes on giving, month on month, year on year.

**Please email:** [louise.morse@pilgrimsfriend.org.uk](mailto:louise.morse@pilgrimsfriend.org.uk), or write to us at 175 Tower Bridge Road, London SE1 2AL, or telephone 0300 303 1431.

When you go Christmas shopping on the internet, don't go anywhere without us!

Whenever you purchase ANYTHING through the internet, you can raise money for us and it won't cost you a single penny.

*Here's how you do it –*  
Bring up the website

**easyfundraising**  
.org.uk

It's so easy.

**Choose Pilgrim Homes, as the charity of your choice.**

Then go to any of the retailers. All the usual high street stores are there – Amazon, John Lewis, EBay, Argos, M&S, Next ... they're all there!

You can even let the website set a reminder on your internet access, which makes it easier each time you shop.

A few years ago a supporter purchased an entire new kitchen this way, raising nearly £300 for our funds. She was so pleased with it she went on to purchase an entire new set of cookware, too!

*Every little really does help!*



# New Chief Executive in the New Year



Chief Executive,  
Stephen Hammersley, CBE

In October our trustees announced the appointment of Stephen Hammersley, CBE, as new Chief Executive, taking over from outgoing Chief Executive, Peter Fullarton, who is moving on after steering the Society through a twelve month period of reflection and change.

For the last ten years Stephen has been Chief Executive of UK Community Foundations (UKCF), an umbrella body providing leadership and support to 48 community foundations across the country. The foundations provide donors with information about the issues the groups are tackling, as well as local needs and how donations can best support the local community. He began his career as a mathematician and worked in the banking industry for 17 years. In 2000 he decided to move into

the charity sector and was appointed a Director of Tearfund, with responsibility for its use of business as a tool of development. This was followed by his move to UK Community Foundations.

PFS Chairman, Alan Copeman, said, 'Stephen has a strong Christian commitment which he seeks to work out in practice through his work and voluntary service. This includes his support for the youth work in his evangelical church in Harpenden and his chairing of the Leprosy Mission International's Trading Company and the UK fund-raising committee for a Nepali hostel.'

Peter said that the Society's vision is challenging and the needs of its beneficiaries are immense. 'Stephen

will bring fresh energy to the vision and will drive the strategy that has been developed with the Board to make PFS the UK's premier "Christians for Older People" organisation. He will carry the Christian torch into the deepening darkness that is enveloping many older people in our society today.'

Stephen said, 'Caring well for older people is going to be one of the great opportunities and challenges that our society is going to face in coming years. Encouraging churches and Christians to lead the way in supporting older people and to shape the issues that affect them is at the heart of the vision of PFS and I am delighted to be joining the Society to play my part in making that happen.'

## Helping to raise funds for us by donating goods for auction.



Ruth Sowton, our auctions' co-ordinator asks that you remember that you can help us by donating items to sell through Northwood Missionary Auctions (NMA).

Although the auctions are no longer held in Northwood, NMA use several commercial auction houses who have very kindly offered to waive their commission charges.

If you have anything you think might be auctionable, please ring Ruth Sowton on 01403 701944 for advice. No bric-a-brac please!

# Happiness is being next to Heaven

Louise Morse

One of the delightful things about so many of our older residents is their focus on Heaven. Winifred Vandenberg chose to stay on at the Leonora Home after her husband died, to minister to the others. She befriended, cheered and spiritually supported residents and staff until she died at the age of 93. The last time I saw her she was sitting alongside a lady in her nineties, telling her how wonderful Heaven is. Winifred had a sunlit room on the second floor and, towards the end of her life she would stay in her room each morning until around 11.00 o'clock, reading her Bible and just enjoying the presence of the Lord. She told me, 'I pray for everyone here by name. And the Lord is so kind - I feel Him filling the place. It's like a Cathedral. I'm so grateful to Him for bringing me and Freddy here. It's my next step to Heaven.'



Winifred Vandenberg

Ron Lintott was 103 when we first met. He and his wife Babs, 101, were living in our Surrey home, and I arranged to interview them and take pictures the week they celebrated their 80th wedding anniversary. But sadly, Babs fell out of bed and broke her hip a few days earlier, and died in hospital. Would Ron still feel like talking to me, I asked the manager. Definitely, I was told, he likes company and he's taken Babs' death fairly well. I thought he'd be devastated



Ron Lintott, aged 103



Dr Ben Walkey reading *Pilgrim's Progress*

after losing his lifelong soul mate, but he said that at his age it wouldn't be long before they were together again and he was looking forward to that.

He couldn't emphasize enough how much he loved being in Shottermill House. 'It's the next best thing to being in Heaven here,' he said, 'they really look after me.' He thought for a minute and added, 'And the food is really good, too. They nag me to wear my dentures but I don't need them so why should I bother!'

Another pointer to Heaven was Dr Ben Walkey, who is remembered with affection at the Evington home. Ben had taught surgery and practised for over forty years at the Vellore Medical College, in Andhra Pradesh – a top hospital. He and his wife Peggy were also teachers and missionaries with the Dohnavur Fellowship. They returned to England, and were active members of All Souls Church, North Warwickshire, until they moved into sheltered housing in Evington.

Ben took an active part in the life of the Evington home. If there was anything he could do, he did it. He led evenings

where he would read *Pilgrim's Progress* to people in the lounge. He loved the book. 'Who can forget Ben's reciting, from memory, the last part of *Pilgrim's Progress*?' said a commentator in the church magazine. He would recite how Mr Standfast, standing in the river, thought of Who he would see on the other side. 'I am going now to see the Head that was crowned with thorns and the Face that was spit upon for me.' Ben said, 'We pilgrims at Evington share that hope,' said Ben. He said that Evington was one of the Lord's 'marshalling yards, right next to Heaven.'

A carer remembers sitting with two elderly ladies at Framland, helping one to eat and encouraging the other. The conversation went something like this (Names changed):

Dora (to Gertie): *I've seen you somewhere before.*

Gertie: *Have you? I don't remember seeing you!*

Dora: *I know your face.*

Gertie: *Where did we meet?*

Dora: *When we were on earth.*

Gertie: *Oh, where are we now?*

Dora: *In Heaven.*

Gertie (with tears in her eyes): *I am so glad!*

Then they both stood up and hugged each other.

'A never to be forgotten little scene.' wrote the carer, adding, 'wouldn't it be wonderful if all care homes were like Pilgrim Homes?'

When we visit older people without dementia, we experience a welcome, warmth, and a conversation that blesses us. It makes us feel that we have done something worthwhile. But when we visit someone with dementia we do not get that feedback. In fact, if anything, we will get the opposite! We're not used to it, and it makes us feel uneasy and useless.

Because this vital feedback is missing, visitors can go away feeling dissatisfied, and that they have failed somehow – that nothing has 'worked' and that the visit was of no use whatsoever. Relatives sometimes ask, 'What's the point of visiting when he/she doesn't even recognise me? He doesn't respond to me?' How much more then, other, non-related visitors!

Visiting someone with dementia is standing expectations on their head. One of the reasons is that it's not about YOU – it's about the person with dementia. Another reason is that we're not able to evaluate the person's responses to us and our visit.

There are many causes of dementia, the most common being Alzheimer's disease and Vascular dementia. Understanding that physical damage to the neurons in the brain causes the changes can make it easier for others to understand that the person isn't being deliberately awkward, or reacting emotionally for no reason.

## The importance of visiting people with dementia in care homes

Janet Jacob  
Speaker, former psychogeriatric nurse and home manager



The main aim of good dementia care is to hold the person together – to help them maintain their personal identity. ‘Identity remains when others help to hold it in place,’ wrote clinical psychologist Tom Kitwood, who virtually single handedly changed dementia care for the better. He also said that when it comes to caring for someone with dementia, there is only one all-encompassing need – for love.’ ‘Love is the centre of a mental, emotional and spiritual compass that includes occupation, attachment, comfort, sense of identity, inclusion, and the spirit of the person in Christ.’

We value people as God’s creation. Matthew 25:40 says that whatever we do for the least of God’s people, we are doing directly for Him: we are touching God, Himself. It means valuing the person for who they really are, not for how they are now, with all their

symptoms. It means showing respect, and loving kindness.

### What does this mean in practical terms?

Firstly, it means behaving with real human warmth. That really does come through to people whose minds may be confused. We have two assessing symptoms in our brains – one is to do with cognition and learning, and the other is to do with emotions. Interestingly, the emotional assessor is stronger than the cognitive. We will dismiss instantly what we don’t like. So people whose cognitive ability is diminished will have strong emotional assessments. They will readily pick up your good ‘vibes’ and will feel so much better as a result of your visit.

Secondly, it means finding out as much as you can about the person before you go in. Make sure they have

their hearing aids, or glasses. As the home manager to let you have some meaningful information about the person, preferably on one side of a piece of A4 paper. Once you know their likes, dislikes, hobbies, former employment, and so on, you can choose something that might engage their interest when you visit. For example, a former teacher might like pictures of children in school, or school outings. Or someone who used to like cooking might be interested in your going over a cookery book with them. Or a former missionary might like pictures of the area he or she worked in.

Thirdly, there is a key spiritual dimension to your visit. If you are a Christian, you carry the presence of God with you, though it may not always feel that way. Remember, the baby that Elizabeth was carrying leapt and was touched by the Holy Spirit when Mary visited, even before she had said a word. The Holy Spirit works in ways that are unseen, and mysterious to us.

Learn how to burble, looking for a hook that will draw their interest. Be prepared to sit and go through books, pictures, interesting materials, recipe cards, or anything that has been meaningful to them in their lifetime. This can actually be quite fascinating. A lady who used to be a dress maker loved handling materials. Sometimes schoolchildren visit residents in our homes to interview them about their past lives, and they find it quite captivating. It is usually memory of more recent events that is lost, so focus on their earlier life, and often the memory is surprisingly good.

As Christians, we know that reading the Scriptures, or even the words of a familiar hymn will be a blessing to them. (A helpful book is *Worshipping with Dementia*, available through our website.) A missionary visiting her father in law, a former pastor who was in the final stage of dementia, simply sang, ‘Jesus Loves me, this I know,’ and the old pastor said, ‘again’. She sang it again, and then again, and then he began to join in with her, to the utter astonishment of the carer who happened to come in at that moment. The Holy Spirit reaches the core of the person – their very essence, where He Himself dwells.

Building a relationship takes time. Don’t expect to go and give cursory greetings. Expect to spend at least 15 minutes with a person with dementia. With each visit, sit where the person can see you fully, and easily. Smile, and be relaxed. Give them time to answer. Don’t try to correct anything they say that is wrong. Learn to deflect unhelpful comments or questions.

You may feel that it is more of a performance from your side, than a visit – but what does that matter? The greatest gift that God gave us was His only Son, and He didn’t always get the treatment He deserved while here on earth! Likewise, the greatest gift that any person can give is him or herself, complete with hesitations and inadequacies. We just need to put ourselves in the right place, and God will do the rest.

If you have any questions about visiting a person with dementia in a care home, you may like to email me at [janet.jacob@pilgrimsfriend.org.uk](mailto:janet.jacob@pilgrimsfriend.org.uk)

# Thanksgiving for the newly developed Evington care site



Chairman, Alan Copeman and Rev'd Paul Bassett cut the tape

**R**esidents and supporters celebrated the new lease of life of the Evington site in October with a packed Thanksgiving Service at Wycliffe United Reformed Church. The church, which is within walking distance of the home, was chosen so that as many residents as possible could attend.

Residents and supporters cheered as Pilgrims' Friend Society Chairman, Alan Copeman and the Rev'd Paul Bassett (Melbourne Hall) cut the tape to mark the start of a new phase of life on the site.

The church was packed for the Thanksgiving Service. Roger Hitchings, retired pastor of East Leake Evangelical Church, spoke on building spiritual strength throughout life so that old age could be enjoyed whatever your

circumstances; that 'as your days, so shall your strength be.' (Deuteronomy 23:35).

In 1953 when the site was first built there were fourteen bungalows and a care home, providing places for around 42 older people. Now the remodelled site has places for nearly 100 older people. The bungalows have been replaced by Pilgrim Gardens, an assisted living complex with 31 individual apartments. It been awarded three major design and building honours, including 'Best Built Project of the Year', and groups of specialists, including care sector investors, ask if they can visit to see what they can learn. Judges said they liked the spaciousness of the design and the good balance of privacy and community on the site, and that having housing and the care home on the site provided a sense of life-long care and security. They also commended the calm 'Japanese inspired' courtyard garden between the care home and the housing complex.

The 'Best Housing Project of the Year Award' was part of a national competition run by Building Magazine and is one of the most respected events in the building sector's calendar.

Pilgrim Gardens was also selected as 'a best example' as part of a training programme by the government's Home and Communities Agency. The aim is to learn from best examples, and a team of specialists visited in the summer of this year.

All the apartments are occupied and the Warden, Michelle Hydon says that everyone is settling in well. Friendships are being forged and fellowship is deepening. 'You can see how people feel about it, on the website,' she said.



Pilgrim Gardens Photo: Tim Crocker Photography

([http://www.hdawards.org/winning\\_schemes/happi\\_winner/pilgrim\\_gardens.php](http://www.hdawards.org/winning_schemes/happi_winner/pilgrim_gardens.php))

Remodelling and refurbishing the care home was a major project that took over a year, and staff worked extra hard to keep residents happy during the process. Despite the disruption manager Debbie Jackson said, 'Even at the height of the work visitors, including medical health professionals, would tell us how calm and peaceful the atmosphere was here. Now we're getting compliments on the lovely building, but more important than that are the comments about the quality of the care.'

In 1953, the cost of the site development was around £50,000. Today, refurbishing the interior of the care home alone cost £100,000, including specialist equipment and a new nurse call system and medical room. Total investment in the Evington home, including external work, was £1.5 million.

The redevelopment comes at a time when many care homes in the UK



Water feature in the home's new secure garden

have had to close because of financial cuts, particularly to Council funding for people who cannot pay for themselves.

Director of Care and Housing, Maureen Sim said, 'If we were not a charity, with generations of faithful supporters, we might be one of the care providers who have had to close homes.'

'We owe so much to our supporters and donors. We are constantly fund raising for our care schemes like this.'

'We were delighted to win the HAPPI awards and be named 'Best Housing Project of the Year'. But for us, it's not about buildings, good as they are. It's about the wellbeing of our residents, and the comfort of their relatives.'

'We are grateful to the trusts and individuals who sent donations: the cost was high but the benefits are priceless.'

## Doctors in Holland euthanise 97 people with dementia, and an 81 year old who didn't want to go into a care home



Baroness Campbell of Surbiton

Deaths by euthanasia have increased by 151 per cent in just seven years in the Netherlands, and the Dutch regulator, Professor Boer, says the Dutch euthanasia programme is out of control. Most cases – some 3,600 people – involved cancer sufferers but there were also 97 people who were suffering from dementia. And in the first case to be referred to Dutch prosecutors since euthanasia was legalised in Holland 12 years ago, it has emerged that a woman

in her 80s was killed by her doctors because she did not want to live in a care home. The Dutch figures don't include those for death by terminal sedation, where patients are given a cocktail of sedatives and narcotics before food and fluids are withdrawn.

A report a few months ago said that elderly people in Holland are so fearful of being killed by doctors that they are carrying cards saying they do not want euthanasia.<sup>1</sup>

It's not an irrational fear. Baroness Campbell of Surbiton, the disabled founder of 'Not Dead Yet', was once told by doctors that they 'presumed' she wouldn't want resuscitation if she experienced complications during treatment. Very scared, on one occasion she stayed awake in hospital for more than 48 hours.

Professor Boer, who has reviewed 4,000 cases of euthanasia in his role as a regulator, has advised the British Parliament not to adopt it. Lord Falconer's Assisted Dying Bill received its Second Reading in July and was discussed at Committee Stage early November.

Proponents of the bill have said they will keep on trying until it passes. We need to pray and persuade our Members of Parliament to oppose it firmly.

<sup>1</sup> <http://www.telegraph.co.uk/health/healthnews/8466996/Fearful-elderly-people-carry-anti-euthanasia-cards.html>

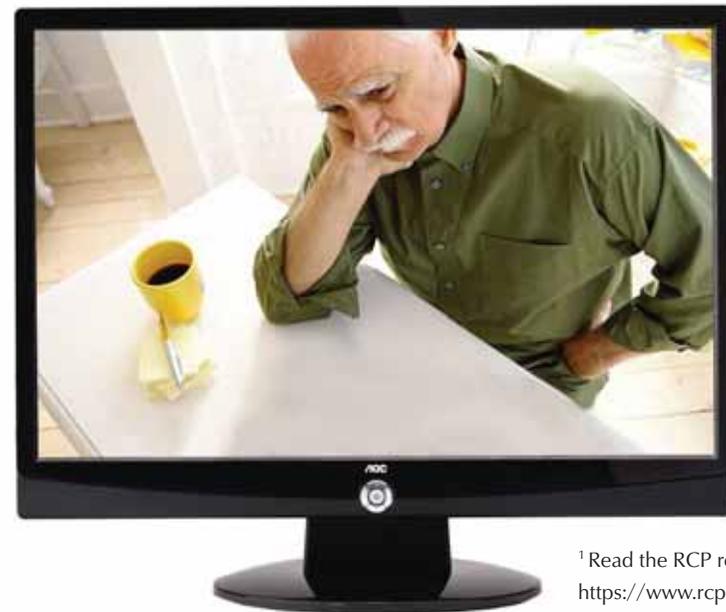
## Mr Spock will see you now

In the near future people over the age of 75 may be spared trips to hospital to see a consultant. Instead, they will speak with a specialist over a video link at their GP's surgery, if plans put forward by the Royal College of Physicians (RCP), succeed.

It sounds such a good idea; no more tedious trips and hanging around in hospital waiting rooms. But unless the video consultation includes technology of the Starship kind, how is the consultant going to examine the patient? Is it going to be like, 'Could you hold up your knee to the camera, Mr Smith?'

In addition, it's known that many older people, especially men, have difficulty describing their symptoms.<sup>1</sup>

The consultation by video project is being trialled in four parts of the country, and if successful could be extended into people's homes. Already in an attempt to keep them out of hospital this winter nurses in England are visiting older people armed with questionnaires looking for answers on topics such as, 'Where would you like to die?' and 'Would you want to be resuscitated?'



<sup>1</sup> Read the RCP report <https://www.rcplondon.ac.uk/projects/future-hospital-commission>

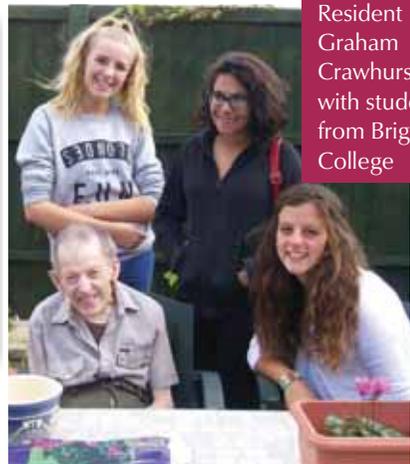
# Highlights from housing and homes

The **Bethany Home** in Plymouth Manager Emma Hughes says it has been a special delight to watch the activities programme being developed at the home. She said, 'Yvonne, Care Team Leader, and Nicola, Activities Coordinator worked hard to put together a programme that is what residents wanted.' Residents also enjoyed a number of musical afternoons, thanks to the visiting musicians and choirs who kindly gave their time and talents. Emma added, 'We have also had games' afternoons and lovely harvest celebration, including a special service of thanksgiving and a harvest supper with a speaker from the Mercy Ships charity.' See the new walk-through film of Bethany at youtube.com watch?v=s2MFrIcKkY4&feature=em-uploadowner



Yvonne Davey, Care team leader

At the **Brighton Home** students from the local college came to visit on a sunny Wednesday as part of their care in their community 'Make A Difference' day. They spent the morning weeding and tidying the front of the home. They also embedded some flowers and shrubs,



Resident Graham Crawhurst with students from Brighton College



Nicola Evans, Activities Coordinator with husband David (University Chaplain), who spoke at Bethany's Harvest Thanksgiving

and helped resident Graham Crawhurst plant some bulbs. In the afternoon they set to work on the garden at the back of the home, finishing at 3.00 o'clock just in time to give out choc ices and chat with the residents who were able to sit in the garden and enjoy the glorious weather.

Deryn Van Der Tang, manager of **Dorothea Court**, Bedford, says they have been having a particularly busy time there. Supporters organised a superb garden party which included a strawberry and scone tea, and stalls selling books, crafts, cakes and plants: and for the children a game throwing beanbags at a clown. Occupant John Rushton enthralled everyone with readings from his grandfather's memoirs of World War One and a visitor played a harp. In September,



Newly weds Bill and Miriam Sones

Sunny smiles from helpers at the Garden Party



Miriam Sones and Bill Gibbs were married by local preacher David Gay at the Baptist Church in Little Staughton. Residents won't be harried by the lift door closing too quickly now. After a successful fund-raising campaign, the automatic lift closing device has been installed in the 'main house', the central meeting place for everyone.



Gordon and Doris Truman, 100th Birthday

They must be doing something right at **Emmaus House**, in Harrogate! They currently have three centenarians – Doris Truman, Doris Sadler, and new resident Emily Moulds who celebrated her 100th birthday just before she moved in. The remembrance services this year and the stories from the wars sparked poignant memories for many

of our 'pilgrims', especially those who had been among those who had learned to 'keep calm and carry on'. They remember food rationing, too. Here, Alwyn King and Peggy Parkin at Emmaus House look through an old recipe book trying to remember what they used to cook in those days.



Alwyn King and Peggy Parkin reading war time recipes

The **Ernest Luff Homes** is spread over quite a large site, with the Ernest Luff Home and the Olive Luff Home, the Hewitt House day centre, fourteen bungalows, and eight flats in Luff Mews. Housing residents meet for fellowship and activities in the day centre, and one of their highlights is when Support and Wellbeing Manager Rebecca Jay brings in her small dog. 'He's so lively, and he enjoys the fuss they make of him,' she said.



Housing residents at the Hewitt House day centre



Rebecca Jay and her dog

Jennifer Mercarder, manager of **Florence House**, Peterborough, is pleased with the film that's been made of the home. He says so much is happening it's difficult to choose a highlight! Maintenance man John Moss has refurbished the Hair dressing salon. The home is full and Jennifer is

The refurbished salon



Louise playing the keyboards at Florence House

delighted to have a new administrator, Lee Stockton, and two new volunteers, one of whom is from a Christian school and plays music to residents every Wednesday. In the last few months residents have enjoyed trips out to the lakeside and other places: small therapy animals have visited, as well as singers and music groups, and the home has recently had an excellent CQC report. 'Most of all, I am really enjoying being here,' Jennifer said.

The big lounge at **Finborough Court** in Great Finborough was crammed when around 250 people gathered for the home's 20th anniversary thanksgiving service. 'It was a squash,' says manager Ros Hughes, but there was a lovely atmosphere. Everyone stayed on for the lovely tea that our cook Jenny had prepared.' The service was led by David Steere, one of the founding supporters of the home. The home's occupant Pauline Stammers celebrated her 102nd birthday in September.

At **Framland** in Wantage, manager Beth Kneale reports that the woodland walk installed in the garden has made the garden even more user friendly. 'It's been a great success,' she said, 'and it's such an answer to prayer!' It was a good setting for the garden party, which attracted more than 90 people. Beth says, 'We had a folk band that came to play for us and we had coffee and cookies. A lot of supporters and families came along and it was a marvellous time.' The Wantage Silver Band is among the favourites at Framland, and will visit

Framland Garden Party



again during the Christmas period. There will also be concerts by the Didcot Divas, the Southmoor Choir and the Emmanuel Christian School.



Residents and staff ready to go to Thanksgiving

In **Evington, Leicester**, the end of a two-year redevelopment of the site was celebrated in September with an official tape cutting ceremony followed by a thanksgiving service at Wycliffe U.R. Church just down the road. The church was especially chosen so that residents could reach it easily. It was packed with supporters and residents, who heard Roger Hitchings, former PFS trustee and retired pastor of East Leake

Evangelical Church speak on building spiritual strength throughout life so that old age could be enjoyed whatever your circumstances; that 'as your days, so shall your strength be.' (Deuteronomy 23:35). More about the event is on page 28.

This year the **Leonora Home** in Chippenham celebrated its 40th anniversary. Two former managers, Mercy Field and Brenda Kyte came for the thanksgiving service at Ladyfield Church. Supporters had searched for old photographs and press clippings going back 40 years, and had then arranged them on exhibition panel displays at the home. Manager Gaie Marshall says it was a time of reunion and memories and everyone was glad they'd managed to take part.



Former managers Mercy Field and Brenda Kyte, with supporter Jim Short

Earlier this year Warden Michelle Hydon, at **Pilgrim Gardens**, was receiving so many requests to view it from care sector investors and groups of property developers keen to learn from its success that she was beginning

to think about asking them for fees. 'It could be said to form part of their continuing personal development!' She suggested. All the apartments are occupied, and everyone is settling in to their new lives. Morning devotions in the big lounge are well attended.



Margaret Andrews cuts cake at her 90th birthday party

**Royd Court** had a birthday party with a difference for one of its residents. It was arranged by Margaret Andrews' family for her 90th birthday. Everyone at Royd Court was invited, as well as Margaret's family and friends, with the stipulation that no-one should bring gifts but instead make donations to her church, Christ the King, Battyford, and the Royal Star and Garter homes. Donations came to £425. Pride of place in the entrance hall this Christmas will



Maureen and Eddie's nativity scene

be the nativity scene made last year by residents Maureen Whitehead and Eddie Orchard. Planning for Christmas activities is well advanced, and will begin with Songs of Praise and the Salvation Army, together with a team of handbell ringers led by care manager Georgina Lansdell.

The new Wardens at **Redbourn, Hertfordshire**, David and Jane Kennedy, say they are very busy and completely occupied with the maintenance of the properties there. David said, 'We are enjoying the challenge and the change that being here brings. We have two families due to arrive in December and



Cutting back trees at Redbourn

are busy house cleaning and painting, so they have the best, most comfortable environment we can provide for their stay.' Part of the work has involved clearing back some of the trees around the grounds.

Pet therapy is always a highlight at **Shottermill House** in Haslemere, and residents are delighted when the Animal Farm visits. You can see the delight on their faces as they hold or pet the animals.



A donkey and a couple handling rabbits, at Shottermill House



**Milward House** in Tunbridge Wells is looking much more as it did when it was newly built after its recent renovation work, according to manager Ruth Meltz. She thinks that staff could probably pass advanced driving tests after navigating scaffolding day after day, usually driving in reverse. The work hasn't prevented visits from church groups and individuals, often bringing musical entertainment, and speakers sharing interesting slides and giving talks about places they have visited, including a member of staff telling about their work with the Beachy Head Chaplaincy.



Milward House with scaffolding

Family doctors across England have been offered a bonus of £55 for each patient they diagnosis with dementia. The incentive scheme was announced by NHS chief executive Simon Stevens at this year's annual meeting of the Royal College of General Practitioners' conference in Liverpool. Dr Iona Heath, former president of the Royal College of GPs called the proposal an 'intellectual and ethical travesty'.<sup>1</sup>

## Government needs to put money into dementia care, not pay GPs to diagnose more cases

There has been a push for some time to increase the numbers diagnosed with dementia. Last year GPs were issued directives to 'discreetly' screen older patients when they came to surgery. At that time a group of medical professionals wrote in the British Medical Journal pointing out the reasons why that would be counter-productive, and recommended that it should not be done.<sup>2</sup> They pointed out that in 2010 the UK National Screening Committee, whose remit is to advise the government on all screening programmes, had

advised very clearly that screening for Alzheimer's disease 'should not be offered.'

The General Practitioners' Committee deputy chairman, Dr Richard Vautrey, said Simon Stevens' incentive scheme ignored patients' and carers' real needs. 'The key focus for NHS England should be providing and ensuring better services for patients that actually have dementia,' he said, 'That's the area GPs are most concerned about: ensuring that patients and carers get the right amount of support and that's something that's often lacking. That's where there's a real need for improvement.'

Earlier in the month, Jeremy Hughes, chief executive of the Alzheimer's Society, said that 'Too many people are left without a guiding hand to help them come to terms with this debilitating, terminal condition. The Government has shown clear commitment to improving the lives of people with dementia and action is under way to improve diagnosis rates. However, we cannot escape the lack of support following a diagnosis which leaves vulnerable people adrift.' He also said that, 'being diagnosed with dementia without support from health and care services was like 'entering a maze blindfolded.'

'Diagnosis is nothing without support,' said Surrey GP Martin Brunet, in an article in the Daily Telegraph.<sup>3</sup> 'To make a real difference in dementia care we need a revolution in what happens after a diagnosis is made.

'When you come home from hospital with your first baby, this life-changing event is accompanied by an army of health professionals emerging to help: the midwife, the health visitor and the GP are all there to give you support in

those first few weeks.

'Surely a diagnosis of dementia is an event worthy of similar attention? If, when your child is older, things start getting tough at school, there will be a Home-School Link Worker to help out – where are the equivalent Memory Workers in dementia care?'

Dr Brunet questions why the obsession with numbers diagnosed. He wrote, 'Claims that 400,000 people in Britain have undiagnosed dementia are based on very doubtful estimates. You wouldn't believe it from the headlines, but the prevalence of dementia is actually falling. That's half the undiagnosed cases dealt with, and not a single £55 payment spent.'

In his article he suggests measures that could be taken, and some ways they could be funded.

### Divert money from chasing numbers into care

He suggests the money could be found by diverting the £5 million from the 'hare brained' incentive scheme. And a huge amount could also be raised by diverting monies currently paid to hospital trusts to identify elderly patients admitted with dementia under the Commissioning for Quality and Innovation (CQIN) payment. 'In reality it is an expensive box-ticking exercise of questionable value,' he said, 'A trust can earn around £1 million per year from the CQIN, and with 160 trusts in England that would boost the pot substantially.

'If they complain at having their funds diverted to primary care, we can remind them that the money is for patients with dementia and not for their accountants, then tell them how much money will be

saved by even one patient with dementia avoiding a hospital admission.

'The reality is that what memory clinics have to offer is just not good enough. It can be difficult to persuade a frightened patient to go to the psychiatric hospital for a memory assessment, and when you know the post-diagnostic support will probably amount to nothing more than a prescription and six-month follow-up, the task becomes impossible,' said Dr Brunet. 'Diagnosis is nothing without support, and to make a real difference in dementia care we need a revolution in what happens after a diagnosis is made.'

Wessex LMC's (Local Medical Committee's) chief executive Dr Nigel Watson said the incentive scheme was 'politically driven' rather than to the benefit of patient care.

So what's behind the political drive? Could it possibly be to create a market to incentive pharmaceutical companies' research? If that's the case, in the current circumstances, does this mean that the government is willing to sacrifice the well-being of thousands of older people by throwing them into the maze blind folded, knowing that care is not available for them?

<sup>1</sup> <http://www.gponline.com/practices-earn-55-per-extra-patient-diagnosed-dementia/elderly-care/dementia/article/1317317>

<http://www.dailymail.co.uk/news/article-2802419/dementia-diagnosis-earn-gp-55-inventive-scheme-unethical-leading-doc-tors-say.htm>

<sup>2</sup> <http://www.bmj.com/content/345/bmj.e8588?ijkey=d9TRTbB8ZT4ym82&keytype=ref>

<sup>3</sup> <http://www.telegraph.co.uk/health/health-news/11222003/Dementia-I-dont-want-a-55-bribe-to-diagnose-patients.html>

## Pilgrims' Friend Society Conferences in 2015

**P**eople who attend our seminars and conferences often tell us how they have been helped by what they learnt, sometimes years later. They tell us: *'I learnt so much that will help me in my everyday life, thank you.'* *'This was so encouraging – such a blessing. Please keep up your good work!'* *'What I've heard today I will take back and share with my Church. It's brilliant.'* *'After your seminar on dementia I went back and shared everything with my family. Thanks to this, we were able to care for my mother at home right until the end.'* *'It was so practical, but spiritual at the same time. It meant so much to me.'*

You may like to make a note in your diary of the conferences planned for 2015, and also let your church fellowship know about them.

28th February, 2015:

**Holy Trinity Church, Eastbourne.**

*Seminar topics:*

- Dementia-practical and spiritual insights,
- Visiting people with dementia,
- Caregivers – how to care for yourselves,
- Dementia – spiritual support and challenging behaviour.

7th March, 2015:

**St. John's Church, Harborne, Birmingham.**

*Seminar topics:*

- Developing usefulness in old age
- Christians and retirement
- Early dementia, care and circles of support.

20th June, 2015:

**Crystal Peaks Church, Sheffield**

*Seminar topics:* to be announced.

26th September, 2015:

**Godalming Baptist Church, Godalming, Surrey.**

*Seminar topics:*

- How to prepare for a great old age
- Creating a dementia friendly church
- Christians and retirement
- Older Christians reaching others in the community

**Booking forms will be placed on the website shortly:** in the meantime if you would like to note an interest in attending one of the conferences you can contact us using the website contact form, or telephone **0300 303 8431**, or email to **conferences@pilgrimsfriend.org.uk**

## Two leaky buckets not water tight solution



***The Government's new 'Better Care Fund' is not a substitute for the new funding needed for frail older people, say experts.***

**H**ospitals across the country will face crises this winter similar to Colchester hospital, which declared a 'major incident' after being overwhelmed by demand, unless the Government increases spending on beds and staff, warned the president of the College of Emergency Medicine, Dr Clifford Mann. He spoke out on November 15 after an unannounced CQC (Care Quality Commission) inspection of Colchester hospital resulted in a "major incident" being declared. 'I can guarantee that if [the Government] doesn't spend money on staff and beds, then we'll see more Colchesters up and down the country,' Dr Mann stated.

The hospital warned patients to stay away from A&E unless they had serious or life-threatening conditions, after the CQC said it had "safeguarding concerns" about the Essex hospital. Inspectors found staff struggling to cope with 'unprecedented demand'. The hospital had reported serious shortage in finding nurses in the region and had had to go overseas for them. (It was the scarcity of nurses and the difficulty in recruiting them that led to the closure of the Anna Victoria Nursing Home in Essex, run by the Pilgrims' Friend Society in 2013.)

The challenge is one facing hospitals all across the UK. A few weeks earlier the chief executive of a health trust that runs three West Midlands hospitals

resigned after criticism by the watchdog Monitor for failing to improve A&E waiting times and death rates. Only months earlier, in September, the same Trust had announced that after a £2million investment that included taking on five more junior doctors to monitor patients more closely, and more specialists in elderly care, one of its hospitals had seen a big increase in survival rates following hip surgery and a two thirds reduction in death rates in patients admitted at the weekend. Similar to the situation at Colchester hospital, the midlands crisis had been caused by a surge in demand, insufficient resources and overcrowding.

### Only half the story

Media stories of ambulances queuing outside A&E for hours waiting to take in patients only tell half the story: they do not mention the build up of patients in A&E who need to be admitted but stay for hours in the emergency unit because beds cannot be found on hospital wards for them.

A study earlier this year by the Organisation for Economic Co-operation and Development found that levels of overcrowding in hospitals have repeatedly breached recommended safety limits. Overcrowding has reached potentially dangerous levels, with a heightened risk of cross infection, on NHS wards, and it has breached recommended safety limits in every quarter for the past two years.

Experts said many hospitals were full to capacity with elderly people forced to endure long waits on trolleys and after being admitted being shunted from ward

to ward, while operations were too often being cancelled for want of a bed.

Official figures show that since 2001, more than 50,000 NHS hospital beds have been lost in England alone, despite a rapidly ageing population.<sup>1</sup> Among 23 European countries, the UK has the second lowest number of hospital beds per capital. By 'hospital beds' the report is not referring to the beds themselves, but use it as shorthand for the capacity for treatment – the most important component of which is medical staff.

### Older people admitted through A&E

It's known that a large number of patients are admitted through A&E – especially older people. A report by Age UK showed that many are taken to A&E with conditions that could have been avoided had they been receiving adequate care and support. The charity estimated that something like 900,000 are 'facing catastrophe' because they are unable to get help.

Hospitals are best at diagnosing and treating ill patients. They are not there to provide care support afterwards. The problem is that Adult Social Services are not able to arrange the support and care they need because they don't have enough money. In July this year the president of the Association of Directors of Adult Social Services (ADASS) said that Councils could soon no longer be able to guarantee the safety of elderly and disabled in their care.

### The Better Care Fund

Now the Government has come up with a solution; a flagship scheme

said to improve the care of vulnerable patients. Called 'The Better Care Fund', it will be launched in April 2015 to provide greater integration between the NHS and social care. The money for it, £5.8bn, has been drawn from the core NHS budget – £3.8 bn, with the rest from money set aside for carers and capital expenditure. Social care workers will be joining up with health staff, such as district nurses, physiotherapist and occupational therapists to provide seven-day-a-week support. But the aim still seems to be domiciliary care – that is care in the patient's own home, ignoring the fact that for some people, as in Margaret's case, residential care is the real answer. A carer visiting four times a day for as little as fifteen minutes will not be enough.

It also ignores the fact that both health and care are facing severe financial shortfalls. The ADASS published a report showing that the rapidly growing elderly population and the need for spending cuts have wiped out 26% of local authorities' care budgets in just four years.

For some time NHS executives have warned of an implosion if the £30bn funding gap is not closed. Shortly after his appointment in April, NHS England Chief Executive Simon Stevens said that 'combining two leaky buckets does not create a watertight solution.'

Richard Humphries, of the influential King's Fund Think Tank said the Better Care Fund was, 'not a substitute for the new funding needed to invest in essential changes to services. Given the tight timescales and absence of any new money in the fund, local areas are being



expected to achieve too much, with too little, too soon.' Age UK points out that the £5.8m represents only 5% of the total NHS budget, yet older people are its biggest user base.

Taking money from two struggling funds to put into another separate fund aimed at solving part of the problem seems more like arranging the deck chairs on the Titanic. It's something that needs the wealth, as well as the wisdom, of Solomon. It's certainly a situation that calls for prayer. Jesus said, 'If you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.' Matthew 17:20. For the sake of the frail elderly, we need to be praying, now.

<sup>1</sup> <http://www.telegraph.co.uk/health/healthnews/10768844/Hospital-bed-shortage-exposed.html>

# Sponsored walk raises nearly than £1,500 in Wantage

The notice was quite simple. It said, 'Event arranged by the Wantage Auxiliary. Bring a picnic to eat en route. An approximately 5 1/2 mile circular walk starting from Buscot Weir Car Park (Postcode SN7 8DA). For full details please contact Dave Pepler by email dave.a.pepler@gmail.com.'

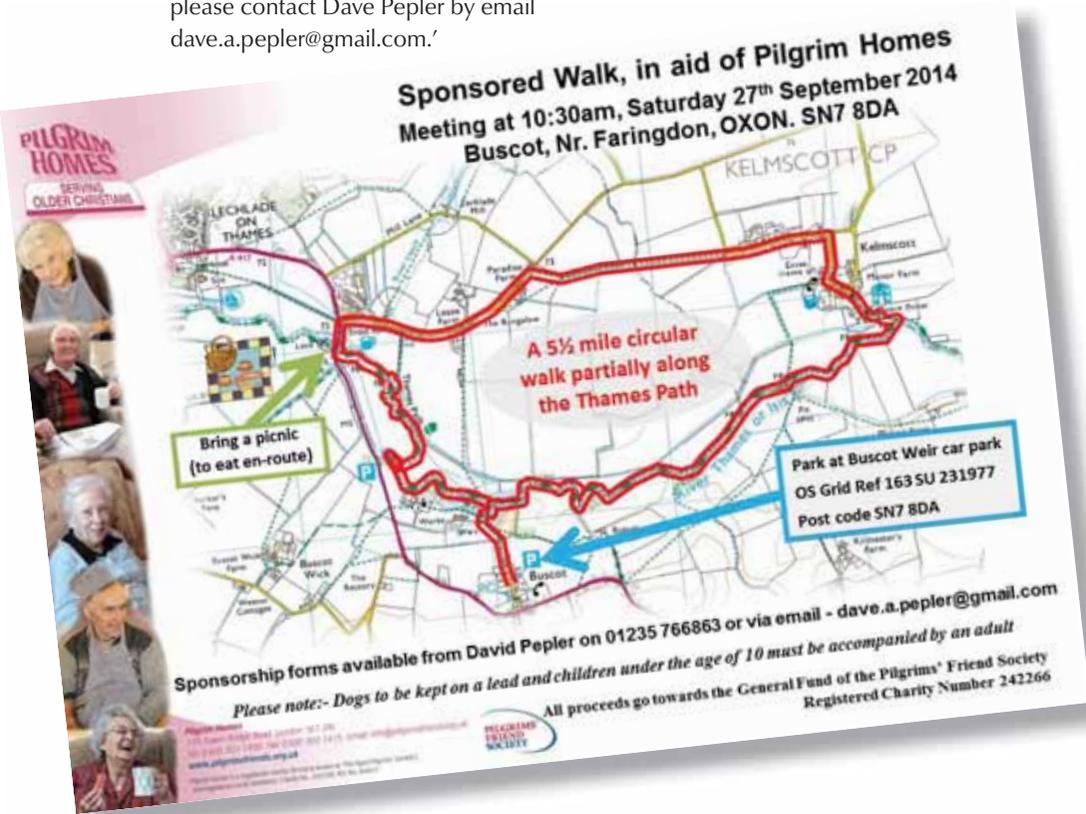
The amount raised at first was about £450, but it went on increasing over the weeks as walkers claimed their sponsorship monies until, at the time of writing, it is heading for £1,500, including Gift Aid.



**R**esearch published a few years ago that's referred to from time to time shows that 'people with a faith, who regularly attend a place of worship' tend to live longer. Recently there's been another study confirming that loneliness can be a risk factor for dementia. Loneliness is one of most depressing factors of old age and there is much written about it separately, but it does beg the question – can being part of a lively church fellowship help reduce loneliness?

**Going to church is good for us in more ways than one**

A team at the Center for Aging, Rush University, Chicago, analysed the association between loneliness and Alzheimer's disease in 823 older adults over a four-year period. Loneliness was



measured on a scale of one to five, with higher scores indicating more loneliness. At the first examination, participants' average loneliness score was 2.3. During the study period, 76 individuals developed dementia that met criteria for Alzheimer's disease. Risk for developing Alzheimer's disease increased approximately 51 percent for each point on the loneliness score, so that a person with a high loneliness score (3.2) had about 2.1 times greater risk of developing Alzheimer's disease than a person with a low score (1.4).

### Very social creatures

The findings did not change significantly when the researchers factored in markers of social isolations, such as a small network and infrequent social activities. Team leader, Dr. Robert Wilson said, 'Humans are very social creatures. We need healthy interactions with others to maintain our health. The results of our study suggest that people who are persistently lonely may be more vulnerable to the deleterious effects of age-related neuropathology.'

Of course, there is more to church than fellowship, important as it is. It's here that we worship corporately, as the body of Christ. Worship helps us to hold ourselves together. In one of his devotional books, Selwyn Hughes, one of Wales' best-loved preachers, pointed out that in worship we find unity, not just with God but within ourselves. 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 hugely important

Unity – the integrity of self – is the focus of good care for people with dementia, and church is hugely important for them. In the next few weeks we will be producing a booklet entitled, 'Six Key Steps to Making a Dementia Friendly Church,' based on the real life experience of a church that achieved it in every sense, thanks to the input of one of our 'dementia specialist' home managers.

It takes you through the practical steps in a no-nonsense, hands-on manner. If you would like a copy of the booklet email us at the address below, or contact us through our website. It is also a topic of one of our workshops.



Our new publication – available early in 2015

## DECEMBER

### Saturday 6th December

Framland, Naldertown, Wantage  
Christmas Fayre  
10.00am to 12.00noon  
Items for sale include cakes, cards, soft toys and second-hand hand books.  
Refreshments also available.  
ALL WELCOME.

### Saturday, 6th December

Carol Service – 7.00 pm  
Organised by the Weald Auxiliary (Milward House).  
Five Ash Down Chapel, Five Ash Down, Uckfield, TN22 3AL.

### 10th December

Bethany Home, Plymouth.  
Christmas Carol Concert followed by a Christmas themed tea.  
2.30pm - 3.30pm  
Organised by Friends of Bethany Home for Residents, families and friends.  
ALL WELCOME.

### Friday 12th December

Dorothea Court Christmas Coffee Morning, 10.00 am to 12.00 noon  
23 Hillson Close, Marston Moretaine, MK43 0QN.  
Organised by Bedford and Ouse Valley Auxiliary. ALL WELCOME.

### 18th December

Christmas Carol Concert  
Shottermill House, Haslemere, Surrey.  
6.30pm.  
Speaker: Brian Edwards.

# Dates for your Diary

## JANUARY 2015

### 22nd January

PFS Local Meeting – South East Regional Meeting of Friends and supporters. Cuckfield Baptist Church, Polstub Lane, London Road, Haywards Heath, RH17 5EU.

An opportunity for local people to find out more about PFS and what it is doing in the South East of England.

## FEBRUARY

### 28th February

PFS Conference on Issues of Old Age: a focus on dementia. Holy Trinity Church, Eastbourne – see details on page 28

## MARCH

### 7th March

PFS Conference on Issues of Old Age St John's Church, Harborne, Birmingham – see details on page 28.

### Saturday, 7th March

Hanney Chapel, East Hanney, 6.00 pm Quiz Night and Supper. Organised by Wantage Auxiliary.

### 21st March

Christian Helplines Association Queens Road Baptist Church, Coventry. Dementia and Grief, Louise Morse.

## APRIL

### Saturday, 25th April 2015

Anniversary and Gift Day Hanney Chapel, East Hanney, 6.00 pm Organised by Wantage Auxiliary.

### 27th April

Malmesbury Abbey Issues of Old Age and Dementia. Seminars with Louise Morse.

## MAY

### 9th May

PFS Annual Thanksgiving Service All Nations Church, Leicester. Join us in giving thanks for another year's ministry and take the opportunity to view our new Home at Pilgrim Gardens and newly refurbished Evington Home.

## JUNE

### 20th June

PFS Conference, Issues of Old Age Crystal peaks Church, Sheffield – seminar topics to be announced

## SEPTEMBER

### 26th September

PFS Conference on Issues of Old Age Godalming Baptist Church, Godalming, Surrey – see details on page 28.

# Return Slip

Please tick box

- Please send me ..... extra copies of Pilgrims' Magazine for my church.
- Please send me the dementia information pack (with 19 leaflets on different aspects of dementia, 'Helping to Put the Pieces Together'.) Price £8.50, plus £1.50 p&p. Cheques payable to 'Pilgrim Homes Trading Ltd'

### Please send me a copy of:

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



Cost per book £8.50, including p&p. Cheques payable to "Pilgrim Homes Trading Ltd" (You can also order through our website, [www.pilgrimsfriend.org](http://www.pilgrimsfriend.org).)

- Please accept a one-off donation to PFS. If you pay income tax, please complete the gift aid form on the back of this form – thank you! Cheques payable to 'Pilgrims' Friend Society'
- I would like to start a regular monthly standing order for PFS. Please send me a form to complete.
- Please send me information about including Pilgrims' Friend Society in a possible future legacy gift.
- I would like to be a contact point for your literature in my church.

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

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

**Enclose this form, together with the completed gift aid slip in the pre-addressed envelope supplied. Please be sure to affix a postage stamp.**

*'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*

PMDEC14



# GIFT SLIP for the convenience of donors who may wish to use it.

Date: ...../...../.....

Please find enclosed my gift of £..... towards the work of the Pilgrims' Friend Society. (Cheques payable to Pilgrims' Friend Society, please.)

Your name: .....

Your address: .....

..... Post code .....

Email .....

 I do not require acknowledgement.

*We can increase the amount of your donation by 25% by claiming this from the Inland Revenue under the Gift Aid scheme. There are no lower limits on amounts – for every £1 sent by a tax payer we receive 25p from the Inland Revenue. But you must sign the Gift Aid declaration below.*

*giftaid it*

 I have already signed a Gift Aid Declaration for the Pilgrims' Friend Society

 I wish the Pilgrims' Friend Society to treat all donations on or after the date shown below as Gift Aid donations until I notify you otherwise.

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

(Note: You must have paid an amount of income tax or capital gains tax that at least equals the tax deducted from your donations. If this ceases to be the case you must notify the Society and withdraw your declaration.)

Everything you give means a great deal in the life of our older pilgrims.  
'And God is able to bless you abundantly, so that in all things at all times,  
having all that you need, you will abound in every good work.'  
2 Corinthians, 9:8.

Head Office, 175 Tower Bridge Road, London SE1 2AL  
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Pilgrims' Friend Society is a registered charity (No. 1134979)  
and a limited company (No. 07169875)

# With Christ...

Mrs Marian Hanson	<i>Evington Home</i>	27.12.13
Mrs Joyce Chastney	<i>Florence House</i>	13.06.14
Mr Arthur Johnson	<i>Chippenham</i>	15.06.14
Mrs Doris Bragg	<i>Ernest Luff</i>	17.06.14
Mrs Jean Cardy	<i>Ernest Luff</i>	22.06.14
Mrs Ada Bassett	<i>Florence House</i>	28.06.14
Mrs Margaret Sutton	<i>Florence House</i>	12.07.14
Mrs Margaret Saul	<i>Florence House</i>	29.07.14
Mrs Marlyn Burrows	<i>Evington Home</i>	31.07.14
Rev'd Harry Waite	<i>Milward House</i>	19.08.14
Mrs Gwen Lambert	<i>Bethany Home</i>	19.08.14
Miss Noreen Berridge	<i>Evington Home</i>	18.08.14
Mrs Betty Lowe	<i>Evington Home</i>	30.08.14
Rosalie Summons	<i>Finborough Court</i>	01.09.14
Mr Ken Dingle	<i>Ernest Luff</i>	10.09.14
Rev'd Walter Ford	<i>Royd Court</i>	03.09.1
Mrs Mary Wood	<i>Chippenham</i>	05.10.14
Mrs Marjorie Hindle	<i>Finborough Court</i>	08.10.14
Mr Leonard Osborne	<i>Brighton Home</i>	22.10.14
Miss Eileen Norris	<i>Shottermill House</i>	25.10.1
Mrs Denyse Loach	<i>Emmaus House</i>	08.11.14
Mr Ralph Turner	<i>Bethany Home</i>	06.11.14

## ... which is far better

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# Have you visited our Pilgrims' Friend blog?

In just a few months our new blog has covered topics looking at the latest research on preventing dementia, how GPs were 'bribed' by £55 for each additional diagnosis of dementia, on how to anti-age your brain, on how older people have superior 'crystalline' memories, the 35 year land mark Caerphilly study proving that exercise really does delay ill-health and dementia in old age, how physical activity prevents apathy and brain shrinkage, and

many more. Altogether 40 different topics have been covered.

Hosted by Louise Morse, the blog is aimed at bringing readers current news and topics on issues of old age. It is also part of our mission of being a voice for older people. And there is a contact box so you can send in your questions and comments.

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

