

THE PILGRIMS' . MAGAZINE

SUMMER 2017



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Pilgrims' Friend Society provides care for the Christian elderly and inspires, informs and trains churches that care in the community.



Christians for Older People is the educational wing of the Society.



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

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'Let us think of ways to motivate one another to acts of love and good works.'

HEBREWS 10:24, NLT

Realising Potential: The best days can be our latter days

BY CHIEF EXECUTIVE, STEPHEN HAMMERSLEY

This edition of our magazine explores the potential in God's purposes for older people. Intergenerational church could be a powerful witness to "life in all its fullness" as people live longer with increased opportunities for service and with everyone benefiting from prayer, encouragement and other ministries that rely on faith in God rather than our physical vigour.

This was a key theme of from our annual meeting and "Faith in Seniors" conference held on 13 May 2017. Nearly 400 people gathered to explore God's purposes for his church in our rapidly ageing society: "exhausted but inspired" summed up the feedback.

What emerged was an exciting vision of "realising potential": seeing how God might use older people in His service to build His Church, to reach people for Christ, to pray for our nation, and to care for others.

Dr Jennifer Bute exemplified this through what she said and through her example. Jennifer shared with us how she sees her dementia as an opportunity to help Christians understand this hurt section of society. As Jennifer delivered her address quite a few were moved to tears and no-one in the hall will ever again "write off" someone living with dementia as having no utility in God's kingdom. This theme was repeated elsewhere with people commenting that the seminar on Christian Hope in Dementia being "wonderful" and "inspirational". People



living with dementia have potential to be realised.

Quite a few of our other speakers were also evidence of "potential realised" as with God's help they have discovered gifts and new foci for their ministries in their retirement. Liz Stacey shared with us how many people have come to know Christ through her work at Winchester Baptist Church. Revd Roger Hitchings provided the Biblical backbone for thinking about older age with three powerful and well received seminars.

"Visiting people with dementia" was another popular seminar which featured a quote from a poem by Christine Bryden, someone living with dementia, written for her visitors:

"I need you to minister to me, to sing with me, pray with me, to be my memory for me.

You play a vital role in relating to the soul within me, connecting at this eternal level. Sing alongside me,

touch me, pray with me, reassure me of your presence, and through you, of Christ's presence.'

When I heard this I thought of Matthew 25: "whatever you did for one of the least of these brothers and sisters of mine, you did for me (the King).'

The Bible does not put an age qualification on its statement that "we are God's workmanship created in Christ Jesus to do good works that God prepared in advance" (Ephesians 2:10). If we fail to recognise this potential in our attitudes to older people and/or in the way that we organise church then we are missing God's purposes. As Rev Steve Brady said, "Our latter days can be our best days" in God's service. Our nation needs that to be true and our Lord has equipped us so that can be the case.

The handouts from the conference seminars are all available from the PFS website.



DR JENNIFER BUTE

The future is here: one where seniors will shine

BY LOUISE MORSE

Over the last ten years we've slipped out of one era and into another, apparently without noticing it. Since 1840, there has been an increase in life expectancy of three months for every year – that's two to three years of life added for every decade.

And there is no sign that the trend is levelling off. We have entered an age which is bringing extraordinary changes; when people will be living to be 100 and more and when older people will have more influence than ever.

We've read gloomy prognostications of the burden of an ageing population, with talk of frailty and infirmity, and an Alzheimer's epidemic. What we've failed to note is the increasing number of people in their 90s and 100s who are living full, active lives, contributing to society in a myriad ways. Through our historical lenses we see them as exceptions (even as their numbers increase) but they are, in fact, a sign of the times. 'The future is here, just not evenly distributed,' a famous science writer observed.

'The lengthening of life is a crucial topic, so why has so little been written about it in the popular press?' asks Lynda Gratton, Psychologist and Professor of Management Practice at London Business School, in a book

called, 'The 100-year life'. I'd suggest it is because old age, as a topic, doesn't rivet readers to the page and the popular press knows what sells and what doesn't. Most people swiftly deflect thoughts of old age because it's associated with images of frailty and immobility, and finally, death.

But the evidence is that living for longer doesn't mean being 'older' for longer. Health span, as well as life span is increasing, and we are beginning to witness a 'compression of morbidity'ⁱ as diseases associated with old age are being pushed back. Data from the US suggests a significant drop in those 'disabled' between aged 85 – 89, from 22 percent to 12 percent, and for those aged over 95 from 52 percent to 21 percent.

I frequently mention the 35 year-long study involving most of the male population of a Welsh valley, known as the Caerphilly Study. This showed that by sticking to healthy life styles (no smoking, exercise, good diet, socialising,) men who followed

four or five of the healthy behaviours during 30 years of follow-up experienced on average a 73% reduction in diabetes, a 67% reduction in vascular disease, a 35% reduction in cancer (attributable to non-smoking alone) and a 64% reduction in cognitive impairment and dementia. Dementia rates are dropping in most of the world because of better education and life styles.

Just as globalisation and technology have changed the way we live and work, so over the coming years increasing longevity will do the same,' say the authors of 'The 100 Year Life.' (Read about the authors at the end of this article.)

Age will no longer be stage

Living in this new era means moving away from the traditional three lock-step concept of education, work and retirement. The pensionable age will shift, we will all be working for longer,

Louise Morse



WHAT'S
AGE
GOT TO DO
WITH IT?

Living out God's purpose at all ages

and learning throughout our lifetimes. When 'lock-step' disappears, so does much of the predictability of age. You can guess, fairly accurately, the age of an undergraduate or a senior manager and the arc of their career to date, but in the multi-stage life of the new era age is not a stage any longer, and careers and education will be increasingly age-agnostic.ⁱⁱ This mingling of ages will bring greater understanding across the ages and help those who are older to retain more youthful characteristics.

'The 100 Year Life' underpins much in my new book, *What's Age Got To Do With It*. The first chapter is called, 'Steady the Seniors – our day is coming! – *How the biggest demographic change in history has huge opportunities for older people*. The book is written from a Christian perspective.

In the book are stories of people in their 90s and 100s who reflect the 'unevenly distributed future'.

Even as I write this article I am waiting for a reply from a researcher who is looking for mini-milk tricorns and mini cheese and butter packs (the sort hotels serve at breakfast) with tops that are easier for older people to remove. The enquirer used to be a business entrepreneur and now lives in a residential care home with his wife. His age is 95.

There's also a chapter called, 'How not to be knackered at ninety', that helps deal with things that might hinder your achieving your destiny, and another about 'Elderhood – Seniors with Purpose.' The book also examines ageism, and the effect it has on every single one of us. Recognising ageism and challenging it is essential if we are to achieve all the Lord has planned for us.

Some years ago, I read a book about planning a career, and was depressed to read that by the age of 40 you needed to have in place a kind of single line trajectory and destination, with goals and how to achieve them. I only knew a few people who had such a thing. Since then, life has changed so much that I wonder how realistic those goals would have been, anyway. The '100 Year Life' includes planning for different life stages, but more tangential, with ideas all stimulating and feasible. Then I think of a conversation I had with 103-year-old Ron, a resident at Shottermill House, some time ago. Ron had had a fascinating life, including working his passage on a ship to join his fiancée in Canada. Looking back on his varied life he said, 'when I look back I can see that God did it all – His hand was in everything.' Ephesians 2:10 makes it clear that God has equipped us for 'good works' that He has planned out for us, in advance.

In this new era, I believe that God intends to restore older people to the position in society that He designed them for; to be the mentors, the guides, the glue that holds it together, and above all, to tell others of His goodness, weaving their real life experiences into the story.

(The authors of the 100 Year Life are Lynda Gratton, Professor of Management Practice at London Business School where she directs an executive programme on 'Human Resource Strategy in Transforming Companies – considered the world's leading programme on human resources, and Andrew Scott, Professor of Economics at London Business School, and a Fellow of All Souls College, Oxford University and the Centre for Economic Policy Research. He has previously been advisor to HM Treasury, the Bank of England and the House of Commons.)

i The 100 year life, ii The 100 year life.

Great British Bake Off finalist makes desserts for 90-year-old's birthday



It's not every day that a Great British Bake Off (GBBO) finalist provides desserts for tea! But that's what happened when Phil Shrimpton, who lives at Pilgrim Gardens, celebrated his 90th Birthday with friends and family (He spoke about PFS' work and encouraged donations.). He is the grandfather of GBBO finalist Martha Collison (who may be the youngest finalist at just 20 years) and she baked the desserts for his party. In this photograph of friends and family taken outside St. Denys Church, Evington, Martha is in the second row, third from the left; manager Mandy

Smith is 7th along in the 2nd row, wearing a dark blue dress and leaning forward, and Phil Shrimpton is in the front row, 2nd in from the right, wearing a dark pink tie.



Dementia: reasons to be hopeful

The Jo Cox dementia awareness week in May seemed a good time to look at what was happening in the fight against dementia. And reviewing the news over the last couple of years, it seems more hopeful than we're often given to believe.

Ten years ago, dementia seemed to come in like a tsunami, overwhelming everyone and everything in its path. The incidence of dementia has declined by 20% in the UK over the last two decades meaning that the likelihood of developing dementia for over 65s today is lower than it was for the previous generation.

Better understanding of our brains and how they work, ways of preventing dementia and rehabilitation are holding out hope, and interestingly, some resonate with the age-old wisdom of Scripture. We would admit that we live in a fallen world where harmful emotions abound, yet can be slow to see the link between these and our physical health. Yet, as far back as 1999, the trail-blazer in dementia care, Professor Tom Kitwood of Bradford University stated that 'all events in human interaction – great and small – have their counterpart at a neurological level.' (Dementia Reconsidered) He posited that 'a malignant social psychology may actually be damaging to nerve tissue.'

Nobel Prize Winner Eric Kandel said that "every night when you go to bed, that day you have structured your brain." And neuroscientist, David Eagleman

(The Brain, The Story of You) said, "In the same way that your environment and behaviour shape your brain when you're younger, they are just as important in your later years."

Expert comment reflects the commandment that Jesus said was the second most important, that we love our neighbour as ourselves. 'The current dementia prevention advice focuses on what people can do in terms of healthy behaviour and lifestyle: exercise, diet and so forth. Yet our lifestyles and health are considerably influenced by factors in our wider social environment over which we have limited control. For the sake of future populations, this is why responsibility for dementia prevention should be seen as a matter for society and the world as a whole.'

A large, longitudinal study by Public Health England involving 70,000 people aged 55+ for over 10 years, found that of those that died with dementia (around 10,000) a majority showed higher levels of 'neuroticism' that is, those more likely than average to be moody and to experience such feelings as anxiety, worry, fear, anger, frustration, envy, jealousy, guilt, depressed mood, and loneliness.



GROUP TRAINING FROM WWW.GLORIOUSOPPORTUNITY.ORG

The Bible instructs us to continually "renew the spirit of our mind" (Ephesians 4:23). Other scriptures tell us not to fear, not to be anxious, and to only let uplifting thoughts dwell in our minds (Philippians 4:8). According to the latest research, learning to be content can help prevent dementia.

Evidence of eternal life

Perhaps more than any other illness, dementia reminds us that we are more than the sum of our parts – that we are eternal spirits in 'earthly' tents, as the apostle Paul puts it. This is seen in something called 'rementing' – when the person with dementia, even quite deep dementia, responds to worship, or an old hymn, or a scripture reading. It's the "deep calling to deep" that Psalm 42 refers to. There's no medical explanation for how the person suddenly reappears, with the faculties they'd apparently lost, talking normally. But it demonstrates how we are spirit beings in earthly bodies. Often the conversation around Dementia is very negative. But there are many reasons to be hopeful:

Dementia is not inevitable, whatever your genetic inheritance

The genes you inherit are not as important as what switches them on or off. Epigenetics is a system that has this effect. The process works by chemical tags, known as epigenetic marks, attaching to DNA and telling a cell to either use or ignore a particular gene. Research shows that our **epigenetics are affected by our environment**, behaviour and our emotions. Studies of identical twins show that while one may develop dementia, the other doesn't.

Three new centres of research are being set up with £250m investment

After 20 years of failure to produce an effective treatment, **research has been switched** from the 'amyloid hypothesis' (the protein deposits in the brain, known as the Alzheimer's pathology) to more promising studies, such as the brain's immune system and the effect of inflammation. The main hub is at

UCL London, with at least three other research centres with eight universities competing to house them.

Effective prevention

Effective prevention was evidenced in a 35-year study involving 90 percent of the male population in a Welsh valley, which saw a 64% drop in dementia simply due to sticking to healthy lifestyles. Many scientists suggest that there should be more investment in education and prevention programmes like this, beyond drug discovery.

Recommended ways are:

- **A sense of belonging.** Have friends and keep good social connections. Our brain connections light up more in stimulating conversation with

others than in many brain training programmes, experts believe.

- **Having faith and going to church.** One professor (an atheist) said he was so impressed with the results of studies he was thinking of going himself.
- **Exercise** – need not be heavy duty – walking for 30 minutes, five times a week was found to be ideal.
- **Sleeping** – having three 90-minute sleep cycles. During sleep, brain hemispheres shrink and an enzyme rises that clears away cellular waste
- **Learning and keeping the brain active** – education is a strong factor
- **Being content!** Depression slows blood flow to the brain. Feelings of loneliness increase risk by 64%. Chronic stress in middle age increases risk in later years.

We're getting better at rehabilitation

Dr Jennifer Bute, a Christian GP who retired after being diagnosed with early onset Alzheimer's, studied the work of Japanese Professor Kawashima, who had proved that the three 'R's of regular reading aloud, mental arithmetic and writing activates brain activity in older people and restores communication and independence in those with dementia if done on a regular basis.

The evidence impressed her so much that she set up a group in the dementia friendly village in Wiltshire where she lives, and has been told of increased MMSE (Mini Mental State Examination) scores and improved behaviours. She trains others to run similar groups and has also produced booklets that are usable at all stages. As news of her work spread people began to travel from all over the world to learn about it. www.gloriousopportunity.org

Also, we have devised Brain & Soul Boosting for Seniors programmes for cognitive stimulation (among other things) that are proving to be effective and popular.

The most recent is 'Sharing the Good News of Jesus', which is a series of sessions written to draw older people into discussions about their beliefs, and the saving grace of Jesus Christ. Available now on our website.

ⁱ <http://www.cam.ac.uk/research/news/new-cases-of-dementia-in-the-uk-fall-by-20-over-two-decades>



Seniors, your country needs you!

The gap between job vacancies and the the people who can fill them is growing fast. Over the next 5 years around 14.5m jobs will be created but there will be only 7m young people entering the workforce.

Employers will have to tap into the talent of older workers, according to Andy Briggs, head of giant insurance company, Aviva UK. (Mr Briggs is also the Government's business champion for older workers.) But he said that a major obstacle in the way is age bias and ageist attitudes amongst employers. Myths and misconceptions abound, such as thinking that older people are less resilient, and take more sick days. Other reports show that older workers feel less valued than younger employees, and even when they have more qualifications and experience and are less likely to be offered training courses or considered for promotion.

Dr Nick Dydaskis (Social Scientist, Anglia University), whose work informs policies in major international organisations such as UNESCO, and the OECD, says that studies prove performance improves with age. Older people have better emotional resilience, better judgement in crises, are more contented with life and work, and are more supportive of others in the team.

DIY retailer, B & Q has operated without a default retirement age for over 15 years, and says that an age-diverse workforce brings a wealth of skills and experience. B & Q's CE, Ian Cheshire, said that 'older workers have a

great rapport with the customers, as well as a conscientious attitude and real enthusiasm for the job."

Last year, Barclays' Bank and coach operator National Express announced apprenticeship schemes aimed at older workers, putting them in the forefront of corporate initiatives to widen the age diversity of workforces.

Examples of older people working until a good age abound. An example is 105 year old Dr Bill Frankland, known as the 'Grandfather of Allergy'. Dr Frankland discovered the link between the allergic response and a malfunctioning immune system. He also helped thousands every year by convincing the media to show pollen counts in weather forecasts. science. There are dozens of other examples in Louise Morse's new book, *What's Age Got To Do With It*.

As well as living longer, many people are living better, too, as the gap between life span and health span continues to narrow. Traditionally, people looked forward to retiring, but with decades ahead of good health and energy, it is likely that many seniors will choose to stay working if companies deal with ageist attitudes.

<http://www.telegraph.co.uk/news/2017/03/31/meet-105-year-old-doctor-still-hard-work/>
<https://www.theguardian.com/business/2006/jan/19/workandcareers.changingjobs>

Doctors show Courts videos of 'desperately ill' patients as evidence they should be allowed to die.

In a landmark ruling at the Court of Protection, a senior judge has ordered the NHS to stop making videos of patients to persuade the Court that life sustaining treatment should be stopped.

Mr Justice Heyden said the videos were invasive and made without patients' consent, and said he feared the footage could be edited to mislead the Courts.

He refused to view a 20 minute video edited from several days of filming of a retired engineer, Robert Young, in his hospital bed. The Abertawe Bro Morgannwg health board in South Wales submitted the film in order to gain legal permission to withdraw Mr Young's life-sustaining treatment and only provide him with palliative care. Mr Young suffered a heart attack in June last year which left him with brain damage, and doctors believe he will remain in a permanent vegetative state.

But Mr Young's daughter told the Court that her father was a devout Christian who would have wanted everything done to save him.

Noting that some consultants have begun to 'encourage' the filming of patients, Mr Justice Heyden warned

that he was uneasy about the video recordings. In Mr Young's case, he said they were highly invasive and made when he had no capacity to consent to them. He said, 'I do not consider that video recordings should ever be regarded as a routine investigative tool. Both the videoing and their distribution will require strong and well-reasoned justification.' He added that as a lay person, he might not be able to see what the healthcare professionals did.¹

Dr David Green, director of the Civitas think-tank and a former Home Office advisor queried whether medical professionals, who are not permitted to kill patients without a court order should be able to use video evidence in order to obtain it. He believed that the answer is 'surely no. A court can be given a selective recording in which the choice of what is shown is tendentious.' Footage could be selectively edited, he said, adding that the safeguard in the Courts is that doctors can be cross-examined. 'Knowing that you

are going to be questioned by a lawyer concentrates the mind and encourages people not to tell lies. It is the best protection we have.'

It is a protection that is not afforded to patients in Belgium, according to an investigation by Professor Raphael Cohen-Almagor, of Hull University. In the Annual Review of Law and Ethics, (Vol. 24 (2016), pp. 343-356) he described how medical professionals in Belgium, while stressing patient's autonomy, exhibit paternalism in deciding the patient's fate. A report in 2015 showed that thousands of people had been euthanized without consulting them or their families, based on their doctor's subjective view of their quality of life.

In January this year, a report in the Canadian Medical Association Journal showed that speeding up the dying process would save millions of dollars on the basis that the final 30 days of a person's life amounts to \$14,000 in health care costs.

In the UK, the Liverpool Care Pathway, drawn up by the Marie Curie Palliative Care Institute set out a number of steps that doctors and nurses should take to make a dying patient

as comfortable as possible. It was withdrawn because of failings in its application. Treatment decisions were made without relatives being informed, family members not being told that their loved-one was dying and doctors communicating information hurriedly and inappropriately. In some instances, placing patients on the LCP caused distress to relatives and carers when the patient then recovered. A review also acknowledged the difficulty of being able to predict when a patient was going to die.

With the NHS under severe financial stress with hospital beds at a premium, when a patient's death seems inevitable and imminent, it might seem reasonable to allow doctors to hasten it. But experts have argued that it would be the subtle beginning of a slippery slope that would lead to the Belgium experience.

To help with issues surrounding death and dying, we have produced a booklet entitled, 'What Matters in the End', about end of life care, with contributions from several experts. It is available from our website.



¹Daily Mail, Saturday, June 10, 2017.

Generations Working Together

BY ROGER HITCHINGS

Do older and younger people really have much to give each other and to share with each other? Can technologically with it youngsters relate to an older generation who struggle with their I-pads and lap tops? What can post-80 year olds do to enhance the lives and understanding of pre-18 year olds?

In families there are often connections between grand-children and their grand-parents but even that can be limited for many. Our culture tends to stress age differences and so people are seen in age bands – teenagers, twenties, 30 plus, over 50s, post-retirement and so on. We divide the nation up into age groups – baby boomers, generation X, millennials.

But then along comes the Bible and as is always the case it takes a radically different view. There are social, intellectual and physical distinctions between age groups that need to be addressed separately. But alongside the differences there are significant passages that teach how older and younger should relate, and a multiplicity of examples of how it is to be done.

Proverbs 20v29 teaches that physical differences do not separate but complement – *“the glory of young men is their strength, and the splendour of the old is their grey hair.”* So the wisdom and experience of older people and the energy and vitality of younger people should blend together to get the job done. And we have that illustrated in the picture of Moses praying and Joshua fighting and together defeating the Amalekite enemy (Exodus 17v8-13). Joel’s great prophecy in Joel 2v28-29, fulfilled in Acts 2, says *“your young men shall see visions and you old men shall dream*

dreams.” Both receiving God’s word and direction but in different ways.

There were a group of five ladies in their 70s and 80s and they were concerned about the fact that they scarcely knew the young people in their church. So they approached a couple of the teenage girls who were about to take exams and asked them when the exams were and what subjects they were taking. They promised to pray for the girls. After the dates they spoke to the girls to ask how they got on

and asked about other things to pray for. One thing led to another and within quite a short time the girls were chatting to the older ladies about all sorts of issues in their lives. Then the girls asked what the older ladies needed prayer for. And so the relationship deepened and now they meet together to pray once a month and they share together. Other young people and older people in the church saw that and began to relate more and help each other. The whole congregation was affected. Old and young working together.



There is a lovely picture of this in the story of Ruth and Naomi. Naomi is utterly devastated by events.

A famine drove her and her husband and two sons out of their home and into a foreign country. There she found mixed blessings. Her sons married, but her husband and then her sons died. Now she was returning home and as she said of herself she was bitter. She comes to the sad point where she must say goodbye to her two daughters-in-law. One goes away quite quickly, but the other, Ruth, is determined to stay – *“wherever you go, I will go; and wherever you lodge, I will lodge; Your people shall be my people, and your God, my God.”* (Ruth 1v16-17) What joy that friendship brought to them both, and ultimately to the whole world. Ruth was the great-grandmother of David. Young supporting and blessing the old.

Then there is a relationship that worked the other way initially. Gabriel had told Mary wonderful but awesome news. She would have a baby who would be the Messiah to bless the whole world. Such a privilege. But for her, an unmarried girl to have a baby was a social disgrace. She faced a really hard time in serving God. But the angel told her about her elderly cousin, Elizabeth, who was also having a baby. So young Mary went to visit aged Elizabeth, and what encouragement she found in her words and company! She stayed with her for three months. What a blessing Elizabeth must have been to Mary. And how Mary must have helped Elizabeth around the home and

“Wherever you go, I will go; and wherever you lodge, I will lodge; Your people shall be my people, and your God, my God”

Ruth 1v16-17

possibly even encouraged Zechariah. Old helping the young, and then both working together. Think about John Mark in the book of Acts. Paul and Barnabas went to Jerusalem (Acts 11v27-30) and met John Mark (Acts 12:25). Soon after that Paul and Barnabas started on their first missionary journey and John Mark was there as well. After a while he found it all too much and so he left and returned home (Acts 13v13). Quite a long time later Paul and Barnabas were planning another missionary journey and Barnabus wanted to take John Mark. Paul refused (Acts 15v36-41). John Mark must have been crushed. He hoped to make amends. He could have packed everything in at that point. But Barnabus was there for him. He took him with him and obviously helped him. We know that because Paul wrote to Timothy many years later, *“Get Mark and bring him with you, for he is useful to me for ministry”* (2 Timothy 4v11). And, of course, he wrote that wonderful Gospel. Old strengthening young to become a blessing to the old.

There are many more examples showing us that the normal way of things is for older and younger to work together, to encourage one another, to teach and learn from one another, and generally to be a part of one another.

“Get Mark and bring him with you, for he is useful to me for ministry”

2 Timothy 4v11

It is a radical view but that is what God intends. We see it in some places and it is very impressive, but it is rare. So you and I have to change things and find ways to relate to younger people better.

Prayer Calendar

JULY – DECEMBER 2017

‘O Lord, I will call upon you; hasten to me! Give ear to my voice when I call to you! Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice!’ Psalm 141: 1-2 ESV

How to use this Guide

Please go to the weekly calendar and pray for the homes, schemes and people listed for prayer on that day. When you pray for a home, project or person please use the following to help you identify thing to pray for:

Leadership

- That everything done will be led by the Lord and that we will hear Him speaking
- For a gracious approach and firm resolve to tackling difficult issues
- For the managers of our homes and schemes – for wisdom, discernment and the energy needed to lead.

Colleagues and volunteers

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

Local churches

- For strong and developing relationships with our homes
- That our homes may be a beacon showing how to value older saints and support fulfilled living after Psalm 92

Kingdom life in our homes

- For people leading devotions – that God would speak to and through them
- For Home Visitors and their ministry of prayer and support
- For managers' godly leadership of their home/scheme

Families and Relatives

- Guidance and strength for staff colleagues in our homes who are asked to live with our residents as family members.
- Encouragement for relatives and friends
- For carers that you know struggling at home with the physical and mental demands of caring

Sundays

Bethany Christian Home – Plymouth Manager Emma Hughes

Brighton Home
Managers Sue Jones and Andy Turner

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", a new initiative to inspire and equip churches' ministries with older people managed by Alan Hare (www.faithinlaterlife.org)

Mondays

Dorothea Court – Bedford
Manager Deryn van der Tang

Emmaus House – Harrogate Managers Martin Wingrave and Anne McKnight

For Stephen Hammersley and the Directors as they lead the work

That many older people will come to faith – think of people known to you

For good progress in our search for better premises for our homes in Brighton and Chippenham

Praise and thanks for the gift of the Lord Jesus (particularly relevant on Christmas day)

Tuesdays

Milward House – Tunbridge Wells
Manager Ruth Meltz

Pilgrim Gardens – Leicester
Manager Mandy Smith

Redbourn Missionary Housing
Warden Sue Pratt

For the Finance team
led by Adrian Bray

Churches running seniors teas and lunches – that the gospel may spread

For Lynn Dickinson leading the project to create a family environment in our homes – a significant upgrade in the quality of what we do for everyone and specifically people living with dementia

Wednesdays

Evington Home – Leicester
Managers Jeanette Davis,
Paula Cashmore and Mark Dillamore

Finborough Court – Stowmarket
Managers Rachel Jones
and Claire Cates

Pray for the Property Services Team
led by Andy Walsh

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 Head Office – that we 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

Luff House – Walton Managers Lynda Fowler and Sharon Rowley

For the Operations team led by Maureen Sim keeping PFS safe and compliant

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

For Louise Morse and Janet Jacob – 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 Jennifer Mercader

Framland – Wantage
Manager Beth Kneale

For Sylvia Clovey, as she provides vital practical support to Janet and Louise and the team

For people using "Brain and Soul Boosting" fellowship group resources that people will find friendship with others and the Lord Jesus

Saturdays

Royd Court – Mirfield
Manager Vicki Miller

Pilgrim Care – Mirfield
Manager Georgina Lansdell

Shottermill House – Haslemere
Managers Vicki Burrows and Marie Brown

For people you know living with dementia and their carers

For people you know leading worship in care home settings

That the Lord will use Louise Morse's new book "What's Age Got to Do with It", published in the Autumn

For the church fellowships that we have trained, that they will see the benefits of all they are able to put into action, and that the Lord will expand their work and bless them

For our Homes Review project looking for better premises for Leonora, Brighton and Redbourn

That God would work mightily through older people for His glory

The Call to Care

We can't deliver our vision for "Fulfilled Living" without a full complement of great staff colleagues at each home.

In recent months this has been a challenge for us and many other care providers. Please pray that the Lord will provide – new people and the strength that our colleagues need to enjoy and endure their caring roles.



Pray that the Lord will fill all our empty care rooms and retirement flats with people who want to make later-life a time of fulfilment and enrichment, as befits people created in God's image.

'O Lord, I will call upon you; hasten to me! Give ear to my voice when I call to you! Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice!' Psalm 141: 1-2 ESV



Neighbourhood chaplains help churches reach the lonely

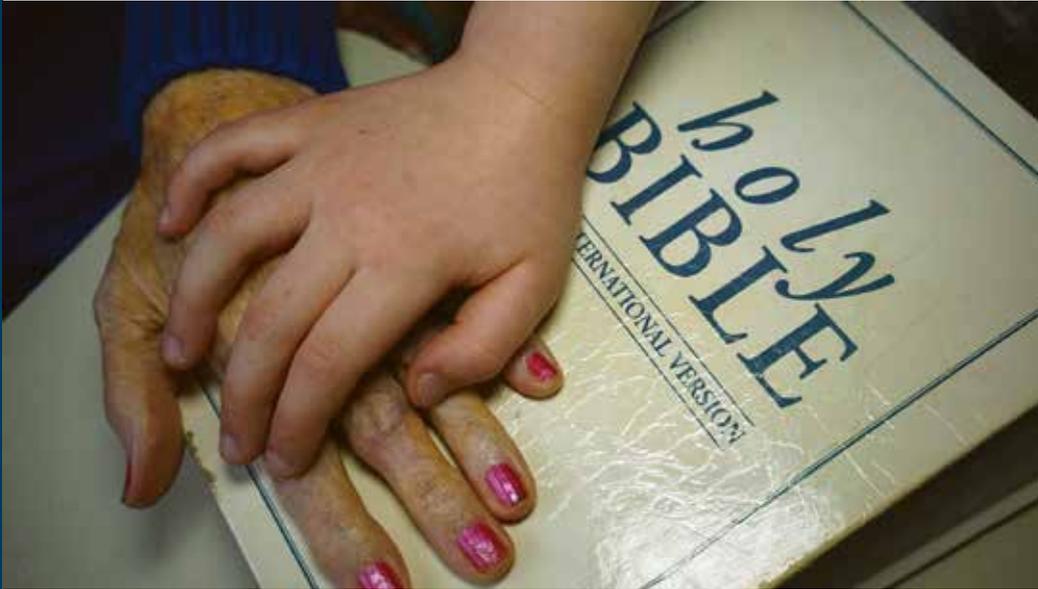
If you've read 'Dementia: Pathways to Hope', you'll know about a new initiative that's been launched to help churches reach into their local communities. It was started a couple of years ago by Colin Johnson, a Neighbourhood Chaplain in Bedfordshire. Colin believes in neighbourhood visiting, and found that there were always two or three people in every street who wanted to keep in touch and were happy to receive the church's Christian newspaper and other information. Three organisations were involved in developing the scheme – the Association of Christian Counsellors, Christian Charity Counties and the London School of Theology. Now fully formed with a toolkit for churches that includes training, literature, and a branded uniform, Neighbourhood

Chaplains is available for churches who would like to be more effective in this area. Volunteers can choose three roles: initial contacts, who knock on doors; befrienders who become regular visitors, or part of the helping hands team, that offer practical help.

Martin Erwin, CEO at Counties, said, 'The aim is to show the love of Jesus in both word and action. It gives local churches the tools to connect their community projects (such as CAP, food banks, parents and toddlers, coffee mornings, etc. with the vast numbers of lonely people in the UK. It will offer a friendly face through a regular visit, a listening ear and helping hands.'¹

More information is available at www.neighbourhoodchaplains.co.uk, or telephone 01373 823013.

¹Evangelicals Now, June 2017



Tackling loneliness in the church

Feeling lonely is all in the mind – right? It's not what you'd choose, but it's just one of those things and life goes on, regardless.

Wrong. More and more research is showing that feelings of loneliness transfer to your body and your brain, with disastrous results. Being chronically lonely can take years off your life. Social psychologist John Cacioppo, at the University of Chicago is a world leader in the biomedical effects of loneliness. In January this year he presented some of his latest research at the Society for Personality and Social Psychology meeting in San Diego.

His findings confirm a growing body of science showing that loneliness is more damaging than smoking 15 cigarettes a day, or being obese, or not taking exercise.

Lonely people have higher rates of cancer, infection and heart disease, in fact, they suffer from higher rates of 'all cause mortality', meaning all kinds of death from a range of causes. One is dementia – feelings of loneliness cause a 64% increased risk of developing it.

Loneliness can cause dangerously high blood pressure because it raises levels of the stress hormone, cortisol: the heart muscle has to work harder and arteries harden. Even sleep is affected. It no longer 'knits up the ravelled sleeve of care,' as Shakespeare puts it in Macbeth. Less time in bed is spent actually sleeping, sufferers wake up more at

night, and sleep is less restorative, physically and psychologically.

It can get worst – already feeling bad, people can rate their own social interactions in a poor light and form negative impressions of people they meet. So they withdraw even further.

Even fruit flies that are isolated have worse health and die sooner than those that interact with others, showing that social engagement may be hard-wired, Professor Cacioppo said. He is right, because the Scriptures show that God designed human beings for relationship with one another. From the beginning, it was 'not good for man to be alone.' When Romania was liberated from dictator Ceausescu in 1989 it was discovered that hundreds of babies in the appalling orphanages had died not from lack of food or physical care, but because of lack of human emotional connection, that is, from intense loneliness.

So what's the answer? The two main reasons for feelings of loneliness are said to be physical isolation, either due to mobility issues or because friends and family have moved away. Some older people simply outlive their close connections. The other is said to be a lack of social skills that would enable people

to make connections easily with others. So two of the best ways of banishing loneliness are said to be training people in the social skills they need to view the world in a more positive light, and to bring people together to share good times. The effect of meeting as a group is better than one-to-one in banishing loneliness, research finds.

Churches are helping to banish loneliness in several ways. They have lunches and tea clubs, and meetings during the week. Buteven at these organised events people will come along and sit silently until they are approached. Some churches are asking people to say 'hello, how are you?' to each other before the service begins, and are encouraging people to speak to others they haven't spoken to before, over refreshments after the morning service. The hope is that everyone will get to know everyone in time. Others have appointed a volunteer as an 'older person lookout', who will notice when an elderly person misses church and will visitor, or telephone to check that they are alright. It seems a simple thing, to spend a moment chatting with someone at church. To some it comes naturally, but others need encouragement. Our Brain and Soul Boosting for Seniors' sessions are proving to be very popular, too.

Age UK has published a good leaflet that churches will find helpful. It's available on http://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Policy/Promising_approaches_loneliness_and_isolation.pdf?dtrk=true.

There are also good ideas at http://www.contact-the-elderly.org.uk/SM4/Mutable/Uploads/medialibrary/Volunteer-leaflet_VL0714-NB.pdf.

The organisation, Friends of the Elderly is also worth looking up, and for information about our work with older people we can be contacted through our website, www.pilgrimsfriend.org.uk

At the scent of water

BY LOUISE MORSE

Older Christians in secular care homes are sometimes not able to express their Christian spirituality. And it often happens that before they enter the home, increasing frailty and immobility have loosened ties with their church fellowship and, as a result, their faith seems to have gone underground. They are like the old trees that Job described: 'Though its roots have grown old in the earth and its stump decays, at the scent of water it will bud and sprout again like a new seedling [Job 14: 7-9].'

Maude was an old fashioned Pentecostal who would talk as naturally about Jesus as she would the weather. But mobility problems in her late 80s meant she couldn't get to church, and after a while she slipped off the radar altogether. She compensated by watching the Christian TV channels and would also talk about spiritual issues with Christian visitors. After several falls, a hospital spell and a diagnosis of Parkinsonism, she eventually found herself in a local nursing home.

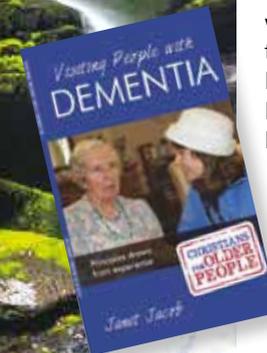
When I first visited, I mistook a resident's daughter for the Activities' Coordinator, because she was sitting in the centre of the room interacting with everyone. But it was because it was impossible to have a private conversation, for long, with just one person. The residents, all ladies in this small lounge, sat in a semi-circle with their backs to the wall, which meant they were within earshot, especially when you had to raise your voice because the listener was quite deaf. (In our homes seating is arranged in discrete little groups throughout the room.)

So, our private conversations became public, with interesting results. It emerged that Daisy, (99), sitting on Maude's left, had gone to chapel for most of her life, and so had Phyllis (93) who'd been devastated when her chapel 'up the valleys'

had closed. Next to Phyllis, Enid (85), a woman who rarely spoke, said she knew she would go to Heaven because of Jesus' death on the cross. Three others said they were Roman Catholics and their church prayed for them. Phyllis, who suffered from constant pain in her legs, especially at night-time, said she tried to say Psalm 23 every evening when she went to bed but couldn't remember it all. I said I had it on my Smartphone and asked should I read it? Yes, they answered. I read psalm 23, then psalm 139, and we all talked about Jesus. Should I pray for them? Yes, again, and when I looked up their eyes were filled with tears, including Enid's. 'Prayer pulls things together,' she said.

One morning Maude couldn't be roused and was taken to hospital. She was 'promoted to Glory', as the hospital chaplain put it, the same day. Later in the week I visited the ladies, and they told me that on hearing the news they'd said the Lord's prayer together for her. June said that they'd often see Maude sitting with her head down, talking to herself, 'but we knew she was praying, really.'

The Lord knows those who are His (2 Timothy 2:9). And these ladies demonstrated that although they rarely talked openly about Him, they knew they were His, too. They may be like Job's trees with 'roots grown old in the earth', but at the scent of water they came to life again. It's good for people of all ages, but especially the elderly to be able to talk about their faith. The spiritual wellbeing of care home residents is acknowledged in the government Care Act, so there's every encouragement for believers to visit people in care homes, to bring 'the scent of water.'





BY STEPHEN HAMMERSLEY, CHIEF EXECUTIVE

“Dora was almost 100 when she attended the Marilyn Baker concert. She was very frail and breathless and I wondered then if she would make it to the end of the concert. Marilyn sang “I’m held in the hollow of His hand, that’s where I am, I’m held in the centre of His love, for evermore, for eternity”. Dora sang along with her. Her faith was simple and childlike. She had the opportunity to know that God loved her. She died shortly afterwards.”

Dora came to find friendship and fellowship with other people and the Lord Jesus through the work of Winchester Baptist Church whose then administrator, Liz Stacey, had set up a mission to seniors. “Faith in Later Life” is a new initiative designed to make sure that the lessons learned about how God is working with older people in Winchester and elsewhere are shared and churches are better equipped to extend God’s kingdom amongst older people as a result.

This matters because our society is already majority elderly, with more

people aged over 65 than under 18, and this ageing trend is accelerating. By and large, the church has not woken up to the opportunities for mission and service that active older people in their 60’s and 70’s represent; nor the gifts of prayer and godly wisdom that many older people have been provided with; nor the increasing need of many older people for friendship with people and with Jesus as the risk of loneliness increases with age. Initiated by London City Mission, The KeyChange Charity; Mission Care; The Salvation Army and Pilgrims’ Friend Society, “Faith in Later Life” will:

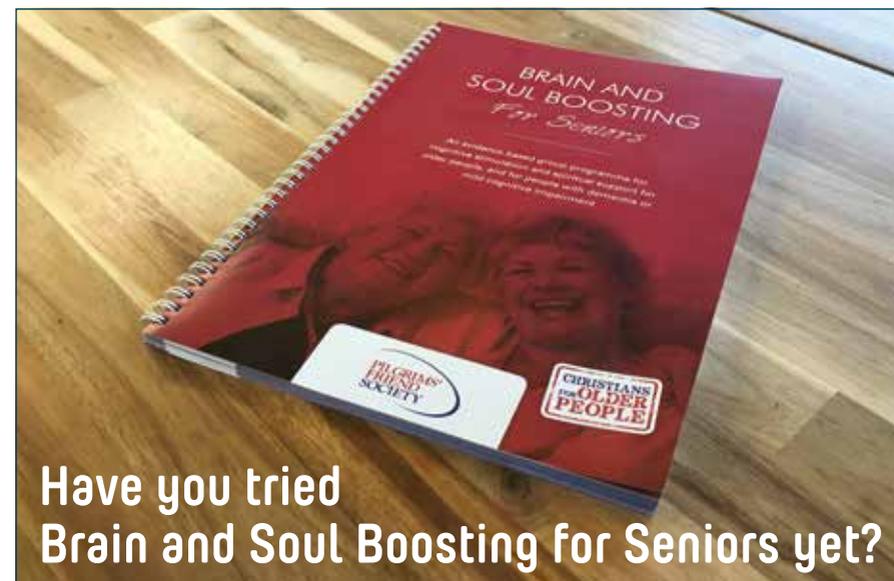
Makes it easier to find good resources. Through a new website that is now live in pilot form (meaning that we want people to use it and feedback their experiences).

Commission work needed to equip churches. Where there are gaps, we plan to plug them. For example: we have asked the John Owen Centre at the London Seminary to help set out key Biblical doctrines in a way that

makes sense for people living with dementia and cognitive impairment: we are developing resources to support evangelism (including making more available the material that Winchester Baptist Church used).

Make it easier for churches to connect. We hope that workers and leaders will inspire and encourage each other with news of what God is doing amongst older people through the

website and real-world conferences. Please do have a look at the website, use it and tell “Faith in Later Life” about your experience through the “Contact us” page on the website. It already has 70 resources to support wide range of Christian work with older people. Our plan is to fine tune things over the summer and to launch the initiative and the final version of the website to churches and the public more generally in October 2017.



Have you tried Brain and Soul Boosting for Seniors yet?

It combats loneliness. Research show that being part of a group is more effective than one to one interactions.

It builds self confidence. People tell us they are able to say things they haven’t been able to, before.

It strengthens individuals’ faith, by reaffirming biblical truths at a personal level.

It improves brain function. Relating to one another in a group ‘fires up’ neuronal synapses.

It helps create a deeper sense of engagement with the church.

‘We would thoroughly recommend BSBS and encourage other churches to set up a group and be a blessing – and be blessed!’

Organisers Sally Trigg and Jo Dunn, Stapleford Baptist Church.

To order visit www.pilgrimsfriend.org.uk or call 0300 303 8431



Lonely no longer

Figures from the Office for National Statistics show that over half of all people aged 75 and over live alone while, according to Age UK, for two fifths of the older generation (almost 4 million people), the television is their main company.

As more and more older people live at home, this loneliness epidemic will be concentrated in our communities on the doorsteps of churches. Churches are uniquely placed to support the lonely people in our communities. Their local presence and existing community life make churches a welcoming place for people of all ages and stages of life.

The Bible talks of people as being designed to be part of God's family and we plan to raise funds to inspire and

equip churches to bring this good news to people through the work of Pilgrims Friend Society and a new initiative we are part of called "Faith in Later Life".

Our key event is a sponsored bike ride by our CEO, Stephen Hammersley and his son Philip who plan to complete a 357mile cycle tour visiting every Pilgrim Home in the south of the UK.

They will set off on Saturday, 8th July, after a worship service at the Bethany Home in Plymouth, and will cycle to Pilgrim Homes in Chippenham; Wantage; Haslemere; Tunbridge Wells and Brighton, ending with a celebration tea in the Brighton Home on Tuesday, 11th July.

To make a donation, visit <http://www.pilgrimsfriend.org.uk/appeal/lnl>

Christian community a 'taste of Heaven'

How would it be if, when you opened your front door in the morning you could look across to your neighbours' homes and know that they were all occupied by like – minded Christians? You would sense that you belonged to a Christian neighbourhood, with all the blessings that implied. This was the vision from the planning stage for Royd Court, in West Yorkshire, a development of 58 apartments for independent living and with a care team on site for those who came to need it.

Marking its 10-year anniversary at a church service in March this year, Housing Manager Vicki Miller commented on the strength of the community spirit, and how neighbours liked to help one another.



A KNIT & NATTER GROUP AT ROYD COURT

Speaking at the Thanksgiving Service she said, 'I have to say that, at the moment, I am so enjoying watching and listening to our residents. As a group of people there seems to be a community that love and care for each other. We see friendships build and blossom as new people arrive. We are truly living in unity and harmony: long may it continue.'

'A new resident said this is a taste of heaven living here. I replied that no, it can't be Heaven because I'm at work. In the end, we agreed that it was heaven on the way to Heaven.'

Royd Court is also an example of how God responds when His people pray.

In 2005, after months of negotiations with the owner of the land, out of the blue he suddenly said he had decided to sell it to a national chain store instead. The Yorkshire supporters and others within the charity set to prayer, and a couple of weeks later the owner telephoned to say he felt uneasy with the chain store sale and hadn't been able to sleep: so would we still like to purchase the land? Coincidentally, the charity had been joined by a new trustee with particular expertise in land purchases of this type. When God gives the vision He also 'brings it to pass.' And it's always good.



The older blessing the younger

Two friends were talking about their house-groups, those meetings when church members get together in small numbers. One friend said that she and her husband were the oldest members of their house group.

The topic in her last group meeting had been about relationships, especially strains between married couples. She told how she and her husband described some of the difficulties they'd experienced in their long marriage, and how they'd managed to work them out.

She said, 'We were surprised when the young people thanked us for sharing these things with them. They said it had been really helpful, and that they'd been blessed.'

There's a sad gulf between the older and the younger generation today, and the younger are the losers, writes Paul Maxwell in an article entitled, 'Older Men, Younger Men Need You.*' 'Younger men really need the assurance that older men can give them,' he says.

He writes, 'Older men, by God's design and grace, there are things we will get

from you and no one else. Especially those of us without dads, or Christian dads, or engaged and intentional Christian dads. Yet the decades sadly so rarely seem to play well together.'

The Scriptures in Titus and Timothy are about older men and older women helping the younger. It makes sense, because seniors have accumulated wisdom and best judgements from life experiences to draw on.

How does this passing on of life wisdom work in our churches today? It seems that in most churches pastors or other leaders are 'flagged' as the go-to people for problem solving. How many are able to refer their younger to their seniors to benefit as the friends above mentioned, and Paul Maxwell described? Our editor would be really interested to hear readers' experiences and thoughts – email Louise.morse@pilgrimsfriend.org.uk

Sit upright and ward off the hunch

Road signs warning of older people crossing show silhouettes that are bent over and leaning on sticks. In 2014, Dr Ros Altmann, the pensions expert and campaigner, called the signs redundant and called for them to be banned. "I think we do not need a sign to warn of older people," she said. "It is redundant. I don't think they are serving any useful purpose and they are damaging.

The signs give the message that old people are frail and disabled – it contributes to the some of the age discrimination that we know exists in society." A campaign to change the signs was launched at the time, with some innovative suggestions that you can see at www.telegraph.co.uk/goodlife/11620325/These-elderly-crossing-signs-will-make-your-day.html.

However, it's easy to become bowed over at any age without realising it. More and more we bend over tablets and computers, as well as books, and the 'hunch' creeps up incrementally. But there is an easy exercise that can strengthen your muscles and help you straighten up. You can see it here at www.ba-bamail.com/video.aspx?emailid=23212.



Dates for your Diary

July

Monday, 10 July at 7.15pm
"An Evening of Music, Melody & Miscellany" at Stowmarket Baptist Church (Speaker Jim Spencer) For more information, contact Philip Baker on 01449 674193. All welcome.

Saturday 15th July 2:30pm – 4:30pm
Strawberry Tea In the garden of Dorothea Court 32 Park Ave, Bedford MK40 2LR. All welcome.

Friday 21st July 9.30am – 12noon
Dunstable Annual Gift & Coffee Morning at 37 Norcott Close, Dunstable, LU5 4AH. Bring & Buy Sale of homemade baking, cakes, jams, marmalade, plants & garden produce. Norcott Garden railway will be operating, weather permitting. For more info contact Elaine Snuggs: 01582 665188 or johnsnuggs@btinternet.com.

September

Monday, 18 Sept at 7.15pm
Harvest Praise at Finborough Court (Speaker Brian Ward).

Saturday, 23 Sept 10.00am – 3.00pm
PFS Church Conference,
 Worthing Tabernacle.

October

Thursday, 19 Oct at 7.15pm
Annual Thanksgiving at Finborough Court (Speaker Stephen Hammersley).

November

Saturday, 4 Nov 10.00am – noon
Annual Gift Day and Coffee Morning at Stowmarket Baptist Church.

Saturday, 4th Nov at 3:30pm
Autumn Thanksgiving Meeting
 Dorothea Court 32 Park Ave, Bedford MK40 2LR. All welcome.

Saturday, 11 Nov 10.0am – 4.00pm
PFS Church Conference, Mutley Baptist Church, Plymouth.

Saturday, 18 Nov 10.00am – 3.00pm
 PFS Church Conference, Emmanuel Church Leamington Spa.

December

Monday, 4 Dec 7.15pm
 Carol Service at Finborough Court (Led by Battisford Free Church).

Friday 8th Dec 10:00am – Noon
Christmas Coffee Morning
 23 Hillson Close, Marston Moretaine, Bedford MK430QN All welcome.

ADVANCE NOTICE FOR YOUR DIARY

Annual Conference / Thanksgiving Service, 12 May 2018

All Nations Church, Leicester
 Keynote Bible Speaker: Prof. John Wyatt, Author of 'Matters of Life & Death'

Easy Fundraising

When you purchase anything on line, from kitchens to clothing to books and basics like groceries, if you go through the Easyfundraising website and choose **PILGRIM HOMES** as the charity of your choice we receive a portion of the purchase price. It literally is an easy way to raise funds for our work!

And keep your eye open for special promotions! Recently we received a cheque for £50 from stationery supplier Viking Direct! The invitation was to enter your charity into the firm's promotional draw, and a couple of weeks' later we heard that our name had been drawn. Not only that, but we were asked to give information about Pilgrim Homes that could be used on Viking's website.

It won't cost you a single penny. Here's how you do it – it's so easy:

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

You can even let the website set a reminder on your internet access. So when you go on to your retailer, the reminder will pop up. Click on the icon and Easy fundraising will do the rest.

Recycle Old Treasures

Please do remember that you can help PFS by donating items to sell through Northwood Missionary Auctions. Although the auctions are no longer held in Northwood itself, NMA use several commercial auction houses who have very kindly offered to waive their commission charges.



Over the years more than £100,000 has been raised for our work.

If you have anything you think might be auctionable, please ring Ruth Sowton on 01243 528358 for advice. No bric-a-brac please!

Seventy Year Old Calls Over A Million People To Prayer



Angus Buchan, a seventy year old South African evangelist made history when he called for a prayer meeting of over a million people on 22nd April 2017.

He said, "We are tired of people taking the law into their own hands. We are going to call upon the Lord to bring justice, peace and hope to our beloved South Africa. He [God] says: 'if my people, who are called by my name, will humble themselves and pray...'

Over one million people gathered at a farm outside of Bloemfontein to pray for this. People of every race, from all over South Africa, bussed, drove, flew or made their way to the Alwyn Farm to pray at the two-thousand-acre field. It was an emotional time for those present as they knelt in the dirt, held hands and prayed. Angus called on the people to put their own houses in order and to confess their sins before God. The Spirit of the Lord moved amongst them as God visited His people. This was an orderly meeting

with not one scrap of litter left on the field when everyone had gone home. The results were soon manifested in the Government.

When a nation decides to pray and to change and they call on God He will honour that and already the Bible has been read in Parliament, there are changes in Government policy and rain has fallen in the drought stricken Cape!

Running concurrently with this is the IFSA (Intercessors for South Africa) 'Bless the Nation 50 Days of Prayer'. South Africa is in earnest about change in their society and it is encouraging that Government leaders such as the Chief Justice Mogoeng Mogoeng, as well as seasoned evangelists, are calling the nation to pray for restoration, to restore the years the locust has eaten.



www.youtube.com/watch?v=5dPUipiz6A24
www.youtube.com/watch?v=eyr8z8MyVK4

Your details:

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

STANDING ORDER FORM

TO: (name of your bank) _____

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: 00117405) 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 change my credit/debit card with a off-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.



Response Slip

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

Please send me a copy of:

- 1 Could it be Dementia?
- 2 Dementia: Frank and Linda's Story
- 3 Worshipping with Dementia
- 4 Dementia: Pathways to Hope
- 5 When Evangelicals Care

Dementia Books cost £8.50 each / When Evangelicals Care £7.00. Free P&P.

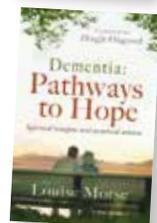
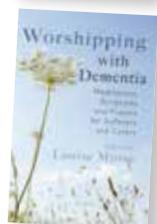
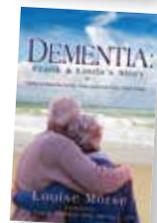
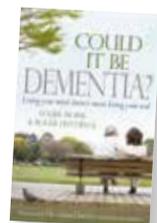
Cheques payable to "Pilgrim Homes Trading Ltd" (You can also order at www.pilgrimsfriend.org.uk)

- I would like to make a donation to the work of PFS (details overleaf, plus GiftAid it)
- I would like a representative from PFS to speak at my Church
- I would like to be the contact point for literature in my Church

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

'Now He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness'

2 Corinthians 9:10



Contact details



BEDFORD
0300 303 1490
dorothea@pilgrimsfriend.org.uk



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