

The Pilgrims' MAGAZINE

SUMMER 2022



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THE QUEEN AND I

Her Majesty as a role model

NAVIGATING SOCIAL CARE

Our guide to funding

BRAIN & SOUL BOOSTING

Exclusive extract inside

**PILGRIMS'
FRIEND
SOCIETY**

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

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We're grateful for every donation



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See back cover for details



News round-up

Stories from across our homes and housing schemes



Grab a cuppa at The Harvest Coffee Shop

The Harvest Coffee Shop at Middlefields House in Chippenham is now open. The coffee shop opened in early Spring, initially for three days a week, and is now open seven days a week.

Central to our vision for Middlefields House, the first new home in our Renewal Programme, is that it would be a place where connections with the wider community can be made. Our coffee shop is one of the ways that we are welcoming in people from the surrounding area.

Nathan Barnes is the Hospitality Manager at Middlefields House and oversees The Harvest Coffee Shop. Nathan says, "We're thrilled that the coffee shop will now be open every day. Already, there's a real buzz about the place and we're excited about the possibility of being able to welcome even more people thanks to the extended opening hours."

The coffee shop has a cosy living room vibe, with comfortable armchairs and lots of

cushions. Warm lighting, vintage-style tiles in muted hues, wooden floors and bare brickwork all add to its homely feel.

On the menu are a selection of hot lunch options, including soup of the day, jacket potatoes and paninis, plus sandwiches and cakes. According to Nathan, the homemade coffee and walnut cake is proving especially popular. The coffee comes from The Triple Co Roast, based in Bristol, where beans are ethically sourced via direct trade with farmers. Posh teas are also available and there's a selection of cold beverages.

If you are in the area, why not pop in to say 'hello' and enjoy a bite to eat? As part of the Middlefields House development there's also a small playground so the very youngest visitors are catered for.

The Harvest Coffee Shop is open 9.30am-3.30pm, Monday to Sunday.

To find out more, visit: www.pilgrimsfriend.org.uk/middlefields-house



Easter celebrations

Easter is a very special time across our homes and schemes, with many of those living with us finding creative ways to celebrate the truth of Jesus' death and resurrection.

At Dorothea Court, Bedford, the monthly craft group made Easter cards using a special paint splatting technique – plastic aprons were a must! Bethany Christian Home in Plymouth wove Easter wreaths while Middlefields House, Chippenham, made some fetching Easter bonnets. At Royd Court, Mirfield, an Easter display was created to reflect the Easter story, with a different object added each day. Family members at Finborough Court decorated paper eggs which then formed part of an egg hunt for nursery-age children in the local community.

Prayer Week 13th–19th June

With this copy of the magazine, you'll have received your Prayer Week leaflet. This year, our Prayer Week is linked to our Friendship Is Ageless campaign with daily prayer points themed around older and younger generations connecting. As part of Prayer Week this year, we're running three special Zoom events – turn to p.28 for further details.



Friendship Is Ageless

Plus, to download copies of the Prayer Week leaflet and to share a prayer on our Prayer Wall, visit www.pilgrimsfriend.org.uk/prayerweek2022



In other news

In March, Middlefields House, Chippenham, was awarded the Pinders Healthcare Design Award 2022 for Best Architectural Design. Andy Walsh, our Director of Property Services, said, "The Pinders Awards attracts entries from all the major care home operators, so we faced very tough competition. To be announced as a winner, this year in particular, is a tremendous achievement, because last year the awards were cancelled due to the pandemic and the entrants were rolled over so the judges had a bumper number of projects to consider."



To our team at Luff House, Walton-on-the-Naze, we welcome Ruth Mockler as Activities & Community Engagement (ACE) Facilitator and Kirsty Clark as Housing Support & Social Engagement Co-ordinator. At Koinonia Christian Care Home, Worthing, Jasmine Wren-Dunstone joins as Business Manager and Kylea Reynolds as Clinical Facilitator. Hubert Hutchinson joins our London office as Financial Controller.

For more great stories, follow us on social media:



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10 skills and qualities you need to be a carer



Caring has been unfairly labelled by some as a low-skilled role. Our Operations Manager Jane Trimarco highlights the skills and qualities that show it's anything but

In our homes we rely on brilliant carers to look after our 'family members' (as we call those who live with us). It's a demanding but highly rewarding role which requires a huge skill set. To do the role of a carer you need to:

1) Be adaptable

The needs of our family members come first. That means you need to be able to change quickly from one type of activity to another. You might move from a practical task like assisting someone with a shower to joining in with chair exercises in the lounge. You're there not just to support physical needs, but emotional and spiritual needs too.

2) Pay attention to detail

During handovers at the start and end of every shift it's vital that information about our family members is communicated accurately. Not only do you need to make sure you pass information on, you also need to listen carefully to what others say and act on it.



3) Show initiative

You might be the person who spots something no-one else sees. You then need the confidence to act. At Pilgrims' Friend Society we support our carers through training. This is so that you are equipped to make good judgement calls. There won't always be someone on hand to ask.

4) Be physically fit

As a carer you could be on your feet for an eight-hour shift. You need to be able to cope with that. If you have a good level of physical fitness and stamina this could be the role for you.

5) Follow instructions

Many of the tasks within care homes require specialist training to be done safely. This includes everything from using hoists and lifts, to washing and assisting with food for family members who require support. You need to make sure everything you do is done in line with procedures.



"I sat with one family member during end of life. I was able to pray with her, sing with her, read the Bible with her. It was just such an amazing experience because she was so still but when I spoke and held her hand she would squeeze it as if to say, 'I can hear what you're saying'. I've never experienced anything like that before."

Barbara, Carer, Evington Home, Leicester

6) Have a good sense of humour

We don't want grumpy people who have only applied for the role because the job centre has sent them. We want people who see the fun in things and help brighten the day for our family members. As a carer you're there to help empower each family member to live their best life and help make new memories.

7) Show excellent customer service

Every carer is an ambassador for a home. You could be the person who greets a prospective family member and their loved ones. How you act, be it in person or over the phone, could make all the difference to whether someone chooses to come and live with us.

8) Be a team-player

Everyone has their ups and downs. As a carer with us, you're be part of big team that

supports each other, helping out if someone is struggling or being on hand to share ideas. Each care home is one big family where everyone is supported and celebrated for what they bring.

9) Be willing to learn

We're committed to training our staff thoroughly. As well as working towards qualifications in health and social care, those who work with us are trained in The Way We Care, an approach to care unique to Pilgrims' Friend Society. Find out more: www.pilgrimsfriend.org.uk/thewaywecare

10) Empathise

Last, but by no means least, carers need to be able to empathise. This means taking the time to get to know each family member as an individual, a principle that underpins The Way We Care. Through knowing each family member's history and interests, a carer is equipped to care for each person really well. During end-of-life care, a carer might sit and hold a person's hand or make sure they have their favourite hymn to listen to. These things really matter and can make a person's last moments precious.



Do you think you've got what it takes to join as a carer with Pilgrims' Friend Society?

For all our latest vacancies, see www.pilgrimsfriend.org.uk/jobs

Royal recollections

To mark the occasion of the Queen's Platinum Jubilee those living with us have been sharing memories and special moments

A letter from the Queen...



Family members at Shottermill House, Haslemere, sent a bundle of homemade cards, letters and watercolours to the Queen to congratulate her on 70 years on the throne. They then received a special card and letter in response from Buckingham Palace. Deborah, our Activities & Community Engagement (ACE) Facilitator at Shottermill House, says, "When I said we had received mail from Buckingham Palace and read out the letter, you could have heard a pin drop! It was watching the pleasure in their faces that spoke volumes."



Anniversary celebrations at Royd Court...

Lloyd and Margaret at Royd Court, Mirfield, recently celebrated their 60th anniversary and received a letter of congratulation from the Queen.



Vera at Finborough Court turned 100. Here she is with her special card from the Queen to mark the occasion.

Queenly Memories from Finborough Court, Great Finborough...

"My daughter is a keen follower of the Queen so I have been with her to Sandringham to see her go in and out of church. On one occasion, I was able to go into the service with the permission of the vicar. I remember the Duke wore a gingery colour coat and the Queen wasn't singing very loudly! Children often gave the Queen bouquets of flowers but my granddaughter wouldn't co-operate with that idea. On one occasion when the Queen was at the church I saw her with a broken arm in a sling after a fall." – **Joyce**



Snaps of the Queen taken by Joyce and her family at Sandringham



"When I was a primary school teacher I took a group of school children to Portman Road Football Club (Ipswich Town's ground) to see the Queen. She had come to Ipswich to open a new college, Ipswich Civic College. This was on the 21st July 1961 and 16,000 children had the day off school to attend the event. The Queen drove round the football ground in an open-top car to deafening cheers from the children. I will never forget that day." – **Jean**

"When I was a Chaplain in Madras, I was tasked with showing the Queen round the church at Fort St. George when she spent several days in the area. I was instructed to stand under a lamp post and the Queen came over and asked me questions about my job. At the time I was working with a colleague on a housing project as many local people had come to Madras to work with industrialisation of the city and had previously been living in palm leaf huts on farmland. My work was marked by a road being named after me." – **Ralph**



Back in the building

WORDS: Helen McKay-Ferguson

Linda Kalbskopf is on the leadership team at Sheldon Road Methodist Church in Chippenham. She shares how, as pandemic restrictions have eased, the church has approached the return to the building so that people of all ages feel included

“When we came back to our building in September 2021 after months of church online, we saw it as an opportunity to reassess how we did things and try something different,” says Linda.

The church saw a real need to re-engage. While its online provision, consisting of a pre-recorded service followed by a Sunday



afternoon Zoom chat, has been a great support to many, in many ways it was no substitute for meeting face-to-face. “For us, as I’m sure is the case for many churches, the pandemic has brought into sharp focus just how much we all need each other, from the oldest to the youngest. All of us can feel lonely. Now that we can meet together, we want to make the most of it.”

One adjustment they have made is how the seating is arranged for services. Instead of rows, there are now tables and chairs, set out in a ‘café style’. Tea and coffee is served before and after the main service to encourage a comfortable, convivial atmosphere where people can catch-up over a hot drink.

Instead of separate rotas for different activities, there are now ‘heart of house’ teams which manage the whole set-up. “These teams are made up of all different ages,” says Linda, “Some people who are older might not feel they can move the chairs and tables, but that’s okay. They can do something else like putting the cups out. What’s important is the conversations that flow as people serve together and connect with each other.”



The café-style seating is not just designed to facilitate conversations before and after the service. Within the service itself there are opportunities to chat. “Recently we were looking at the book of James and the use of speech. There was a moment in the sermon where we paused to talk to each other about all the different ways we might communicate, whether through words or gestures,” says Linda, “These discussion prompts are designed to be open-ended so everyone feels they have something to contribute.”

Once a month, there is a service based on a ‘church with choices’ model. Each service has an overall theme. One group will stay in the main room for a talk, another group may go and do a craft, another group may take part in a discussion activity. At the end of the session everyone returns to the main church area and there may be feedback on what has happened in each group.

Through this model there have been opportunities for people of different ages to use their gifts and abilities. “One lady, Jan, who is in her seventies, recently led a craft that helped people explore how they could worship God during the week,” says Linda, “There were things to cut out and stick on to create a big frieze, with everyone talking about their different activities. Together we’re encouraging people to see worshipping God as not just something we

do on a Sunday.”

On another occasion the discussion group, which Linda was part of, explored the stories that were important to them. “I’m a retired teacher in my early sixties. For me, it was nice to be in a group with some of the teenagers from church. Connecting with younger people, which I’ve done all my working life, it’s not going to stop just because I’m retired now.”

As with anything new, there are always challenges, and the leadership team regularly assesses how things are going. “It’s true that we’re probably at our limit of the number of chairs and tables we can fit into the space, so if more people join we’ll have to think again,” says Linda. “One person has also flagged that sometimes they don’t know where to sit. This highlights the need to be friendly and welcoming to everyone. There’s the risk that tables could get cliquy, with people gravitating to the same spots.”

Overall, Linda believes that being open to trying something new, while keeping the gospel central, has had a positive impact on church life. “As the body of Christ, we all have a role to play in building each other up. By being prepared to think outside the box, we’re seeing that happen.”



As part of our Friendship Is Ageless campaign, we’re encouraging people to connect across the generations. Find out more: www.pilgrimsfriend.org.uk/friendship

Life Stories...

Rita, Dorothea Court

WORDS: Helen McKay-Ferguson

Rita, who lives at Dorothea Court, our housing scheme in Bedford, tells us how the Lord brought her to Him as a heartbroken young woman in Zimbabwe, and how He has sustained her ever since



Paintings of Zimbabwe

“Through God’s grace, I was able to move away from anger, and not hate and be bitter.”

When Rita’s son Jason was born in 1975 he had a slightly extended tummy. This was said to be normal in babies, but Rita knew something was seriously wrong. The doctors eventually discovered he had a Wilms’ tumour, a cancer of the kidney. While still under the age of two he underwent an operation to remove the kidney, followed by chemotherapy and radiotherapy. Rita found herself nursing a sick baby while pregnant with her second son, Scott, who was born in 1977. She had little support, with her husband, Rob, away on national service with the army.

It was a difficult start into motherhood and more testing times were to come. A few years later, after Rob had finished in the army and gone to work in the shipping industry, he came and told her he was leaving her for another woman. “That was what brought me to my knees,” says Rita. “The sense of rejection was overwhelming. I thought, ‘What on earth am I going to do? How will I manage?’”

Rob’s family were Christians, although Rob himself had never made a firm commitment. Rita’s in-laws were very supportive and her sister-in-law and her husband, Rose and Mark, invited her and the boys, then seven and five, to an Easter service at their church. “That’s

when I gave my heart to the Lord,” says Rita, “It was the start of a real journey. It was hard, but from that point on I knew I wasn’t alone.”

Growing up, Rita had attended Sunday School but her parents, who had emigrated to Zimbabwe from the UK, weren’t members of the church and in her teenage years she stopped going. Now she found herself regularly attending the Kingsmead Chapel in Harare, often sitting at the back in tears at first.

Rita could nonetheless see how God was guiding her and providing for her in adversity. Having undertaken typing and book-keeping courses at college, Rita found a job at a local girls’ independent school, managing the accounts. When Rita experienced three burglaries in the space of six months – always on a Sunday when she was at church – the school offered to house Rita and the boys on the school site. This meant Jason and Scott, who were both very athletic, had free run of the school’s playing fields and swimming pool. “It felt that each time we ran into difficulty, God was there to help us,” says Rita.

Coming to terms with her husband’s unfaithfulness was a long process. When in 1984 Rob and his new partner were involved in

a serious motorbike crash in South Africa, Rita realised she had to make a conscious decision to forgive. “Both of them were in hospital and Rob had sustained serious injuries to his leg. Difficult as it was, I knew I had to take the boys to see their father. Through God’s grace, I was able to move away from anger, and not hate and be bitter.”

As young adults, both Jason and Scott chose to work in the UK. Both married and had children, with Jason becoming a physio and Scott pursuing a career in finance. Rita remained in Zimbabwe for several more years, but with life getting ever more difficult under the regime of Robert Mugabe, she began to think about moving to the UK too.

In 2005 she finally packed up and came to Bedford, a mid-point between Milton Keynes

where Jason lived and London where Scott was. “The currency in Zimbabwe meant my savings had been devalued. I came to the UK with £10,000 savings in the bank. God provided me with that, and that’s what’s brought me through.”

Rita got a job at as bursar’s assistant at St Andrew’s School, an independent school, and through the Lord’s provision found a flat just round the corner on St George’s Road. It was here, again by God’s providence, that she encountered a face from her past.

“One day I was waiting outside for the engineer from Anglian Water to arrive. A lady came past and we got chatting. She looked familiar and I recognised her South African accent. We worked out that her parents went to Kingsmead Chapel back in Zimbabwe.”





The woman she met in the street was Deryn van der Tang, the then manager of Dorothea Court. "I had no idea that there was a place for older Christians on the same street where I lived." At the time, Rita felt settled in her flat, but with Deryn's encouragement she put her name down for one of the Dorothea Court flats on St George's Road (Dorothea Court offers a mixture of independent and assisted living flats in the main house on Park Avenue, with independent living flats on St George's Road).

When her landlady decided to sell up, Rita moved a couple of doors down to her new flat. Because the lady was moving abroad, she had no need of her furniture, and she was very happy for Rita to take it with her. "It worked out very well, yet again, God was providing for me."

Rita continued to work at St Andrew's School, attending All Nations Church, Bedford. A couple of years ago, she received some surprising family news from a cousin. "She told me that her mother, who I'd always known as Auntie Lil, was actually my older sister," says Rita. It turned out that her mother had fallen pregnant as a teenager in Liverpool.

Together with her mother, Rita's grandmother, she left England and came to Zimbabwe. Rita's grandmother brought up Lillian May, who was 17 years Rita's senior, as her own.

"When I looked back, it all made sense. Lil and my mum were always very close," says Rita. "I only felt sad that my mum felt that she could never tell me herself."

Another challenge came when St Andrew's School merged with a local independent school, leaving Rita in a precarious work position. When the pandemic was declared in March 2020, she was put on furlough and then made redundant in the August. Again, the Lord has provided, this time with a part-time job at Dorothea Court. A couple of afternoons a week, Rita helps with serving tea to those who live in the main house. Her homemade cakes always go down a treat.

Rita sees how in her later years God is walking with and providing for her still. Her cosy flat has an airy, feel with a view looking out on a beautiful garden. The large communal garden was made when several back gardens between Park Avenue and St George's Road were joined together. Rita confesses that she is not a gardening enthusiast herself, and she's grateful for Michael and Pauline who faithfully tend it. Rita has also been blessed by her proximity to Bedford Park, which is just across the road.

Rita feels very much a part of the Christian community at Dorothea Court. As well as making frequent visits across to the main house, she has become firm friends with several of those who live in the St George's Road flats.

"When I reflect on that all He has given me, I realise how blessed I am. I couldn't imagine a better place to find myself."

DAILY PRAYER Guide

PULL OUT AND KEEP

'For from Him and through Him and for Him are all things.

To Him be the glory forever! Amen.'

Romans 11:36

Summer 2022

How you can pray for our work

PILGRIMS' FRIEND SOCIETY

Welcome

to this edition of the Pilgrims' Friend Society Prayer Guide. As we enjoy another summer, we are so grateful for your commitment to join in this work through prayer. We hope that this pull-out guide will inspire your prayers day by day and week by week.



'Like the appearance of a rainbow in the clouds on a rainy day, so was the radiance around him. This was the appearance of the likeness of the glory of the Lord. When I saw it, I fell facedown...'

Ezekiel 1:28

We don't often turn to the book of Ezekiel for summer inspiration, but this powerful verse from chapter 1 gives us a glorious picture of what God is like. And as Brits, we know only too well that summer days can bring rain as well as sunshine – and occasionally a beautiful rainbow to serve as a reminder of our wonderful God.

Here's how you can be praying to support our work each day. We've listed our homes and housing schemes and their managers, as well as the other teams and projects that make up the work of Pilgrims' Friend Society.

Sundays



Bethany Christian Home, Plymouth – Tracey Ikerd
Emmaus House, Harrogate – Chrissie Medway-Steel
Carey Gardens, Kirby Muxloe – Mandy Smith



Those living in our homes and schemes
Praise God for His faithfulness and sustenance for those living with us. Ask for His peace and grace to surround them at all times.



Care teams
Pray for our wonderful care teams as they support our family members and ask for His guidance as they face challenges that come with such important work.

Senior members of staff and the executive team at Pilgrims' Friend Society'



Mondays



Evington Home, Leicester – Jeanette Davis and Richard Cowlshaw
Dorothea Court, Bedford – Evelyn Bissell



Our catering, maintenance, and administration teams
Thank God for our on-site teams which do the vital work of supporting the care and housing teams. Pray His blessing on them today.



Our resources (see more on pp.24-25)
Thank God for the many resources which support those caring for or ministering to those who are older. Pray they would be used by more people.

Tuesdays



Finborough Court, Great Finborough
– Rachel Fishburne and Karen Bleay
Pilgrim Gardens, Leicester
– Mandy Smith



Activities and Community Engagement (ACE) Facilitators
Praise God for our activities and community engagement team. Pray that they would be motivated and inspired in their work today.



Renewal Programme
Pray for wisdom and discernment for those looking for land on which we can build a new home on the South Coast.



Wednesdays



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



The Operations Team overseeing our homes and schemes
Praise God for the invaluable work that our operations managers do as they support our home and housing managers.



Church and community engagement
Praise God for more opportunities for engagement now that the pandemic is receding. Pray that lots of local groups would connect with our homes and schemes.

Thursdays



Framland, Wantage – Tia Fox
Pilgrim Care at Royd Court, Mirfield
 – Abi Jessop
Koinonia, Worthing – John Manea,
 Jasmine Wren-Dunstone



Our Support Team – Finance, HR, and Communications teams
 Thank God for the diligent work of our Support Team. Ask His blessing on them as they enable our care and housing teams in their specialist areas.



Our IT project
 Thank God for great progress in our IT project. Pray for the continuing roll-out of the next phase, focusing on HR processes.

Fridays



Middlefields House, Chippenham – Rali Ivanova and Chris Boyes
Strathclyde House, Skelmorlie – Jenny Long



Volunteers
 Thank God for all those who support our work through volunteering and for those who have joined us this year. Ask Him to encourage and inspire them today.



Giving
 Praise God for His continuing provision. Ask Him to prompt His people to give towards our work and support older people to live well in later life.

Saturdays



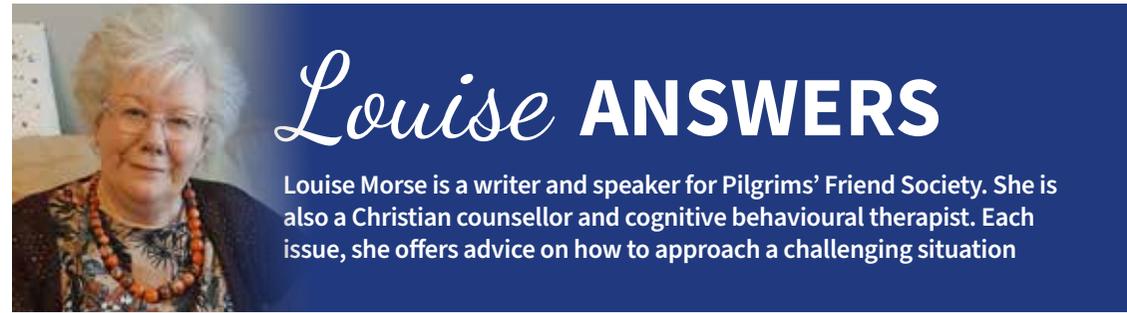
Luff House, Walton-on-the-Naze – Timothy Agbenike and Sharon Rowley
Milward House, Tunbridge Wells – Annabelle Purdie and Vanessa Nicholls
Shottermill House, Haslemere – Babi Dixon and Mike Beere



Directors and trustees
 Thank God for our leaders in the Executive Team and on the Board of Trustees. Pray for wisdom for them as they oversee the work of the charity.



Families and relatives
 Pray for those whose loved ones live with us. Thank God with us for the privilege of caring for so many who are so loved by their friends and families.



Louise ANSWERS

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

Q My father rejects his diagnosis of dementia and refuses our help. Why is this?

A Many people living with dementia accept the diagnosis in the beginning, but because of the dementia refuse help anyway. One of the most difficult things in caring for a person with dementia can be his or her determination to continue to live independently, even though they can't cope with their daily acts of living. Cognitive decline often means they are not aware that they are neglecting to do things or are doing them wrongly. There are so many stories of people living with dementia (PWD) setting off fire alarms and putting themselves in danger by leaving something too long on the stove or in the microwave, running a bath till it overflows into the floor below, going to the shops and getting lost, and more.

Keeping their person safe can be a huge strain for caregivers. In 'Dementia: Frank and Linda's Story', I describe how Frank trapped himself under a big glass fronted bookcase by pulling it over thinking it was the door to the bathroom. Linda said that anticipating Frank's actions was on the same stress level as an Italian traffic conductor at a busy intersection in rush hour when the traffic lights have failed.

Accepting help is a logical thing to do, but

dementia steals logic. Instead, the PWD can feel that the helper is taking control and it makes them feel vulnerable and resentful, although much depends on the personalities involved and their relationship. Our individual reactions and perceptions are formed by a lifetime of experiences and vary widely. The husband in a couple I know looks for help and accepts it willingly. He has also accepted the diagnosis.

A diagnosis of dementia is not the start of the journey but defines the cause of the symptoms the person has been experiencing for some time. Sometimes the person isn't able to absorb the information, while for others it's a relief to know there's a physical reason for the symptoms. Many experts believe that giving an early diagnosis to patients is like putting a label on them that creates negative expectations.

The important thing for everyone caring for a loved one with dementia is understanding how to care for them sympathetically and effectively. I'd recommend reading our dementia information pack, 'Putting the Pieces Together'. It contains sections on every aspect of dementia care, including vital spiritual support.

Dementia: Frank and Linda's Story (£8.50) and our dementia information pack **Putting the Pieces Together (£12)**, both by Louise Morse, are available from our website

www.pilgrimsfriend.org.uk/resources



MORE WAYS TO PRAY: Our monthly Family News email contains all our latest prayer updates, plus details of happenings from across the organisation. Sign up online at: www.pilgrimsfriend.org.uk/keepintouch



What the Queen means to me

As the Queen marks her Platinum Jubilee, Alexandra Davis, our Director of Marketing & Communications, shares her thoughts on why the Queen is an inspirational role model



When I was growing up in the late 80s, there were a plethora of Royal Wedding annuals and mugs and tea towels floating around our house. For the Queen's Golden Jubilee in 2002 I joined the throngs outside Buckingham Palace as Brian May from the legendary rock group Queen played the National Anthem on the roof. In 2012, there were street parties galore for the Diamond Jubilee and now we've reached that never-before-seen marker – the Platinum Jubilee of a British monarch.

Of course, we're all very aware of the ups and downs of the Queen's long life and reign. Sadly, most of our wedding paraphernalia lasted longer than the marriages of three of her children, and recent years have been marked with difficulties and sorrows – the death of her "liege man of life and limb", her husband the Duke of Edinburgh, the court cases involving Prince Andrew, and the challenges of royal life that led to the Duke and Duchess of Sussex removing themselves from the royal institutions. Whatever our perspectives on these things, all of us will know that any life is full of joys and full of sorrows and many of us will be grateful that an accident of birth didn't mean we had to experience these things in front of a global audience.

'... she may live in great splendour and wealth, but she knows the human heart just like the rest of us.'

However, I think it's the reality of these things that make her personal interventions so powerful; she may live in great splendour and wealth, but she knows the human heart just like the rest of us. Largely we get to see her true self on Christmas Day as we settle in front of the television, stuffed to the brim and desperate for a nap, to hear the only speech she gives each year which is entirely of her own creation.

And in recent years, the Queen's Christmas Day speech has become an increasingly significant outlet for expressing her Christian faith. As the Guardian noted in 2017, 'As Britain has become more secular, the Queen's messages have followed the opposite trajectory.'¹ The moment that I particularly recall hearing her speak of her faith in a way that resonated deeply with me was in 2014 when she said, "For me, the life of Jesus Christ, the Prince of Peace, whose birth we celebrate today, is an inspiration and an anchor in my life. A role model of reconciliation and forgiveness, he stretched out his hands in love, acceptance, and healing."

Christmas is one of my favourite times of year and that has a lot to do with the fact that, other than justifying more chocolate than is really appropriate, we speak so much of Jesus our Saviour. I especially love to speak of Jesus as the Prince of Peace. In a world of violence, to know Jesus as the Prince of Peace is a glorious gift. As again this year we have seen terrible violence tear through Ukraine, while other wars keep raging across the globe, to remember that Jesus has been sent to us as the Prince of Peace is a salve to the spirit.

But perhaps the thing that I love the most about the Queen is the way she's managed to be steadfast yet willing to change. The observation that her Christmas speeches became more recognisably Christian around the turn of the century have been attributed

to various things and we'll never know what those were. But the fact of the matter is that, in her mid-70s, she embraced a new way of speaking about something that was important to her. She didn't decide that because she hadn't much spoken about her faith for the previous 50 years she wouldn't start now – she actively chose to place her faith at the core of who she is and open herself up to us by showing us her true heart.



Photo: Jacob King/PA Wire/PA Images

As I get older, I hope I will be able to embrace this kind of change as she has. I know nothing about how that change came about, but I do know that in making that change she has edified my faith, encouraged me to look again to the Prince of Peace, and helped those of other faiths and none to reflect on the gift of Jesus as God's saving plan for our world. This is a powerful model to us, encouraging us to be more like Jesus as we get older, to speak confidently and clearly of Him, and to embrace His constant call on us to change – from glory to glory!

That said, a little p.s.: I do hope that, contrary to news reports, she becomes more willing to embrace a wheelchair before too long – as many of those who live with us at Pilgrims' Friend Society will tell you, mobility problems don't mean an end to your usefulness and vitality!

¹ <https://www.theguardian.com/uk-news/2017/dec/24/queens-christmas-message-article-of-christian-faith>



Meet the volunteer... Gemma

Gemma volunteers at Middlefields House, Chippenham. She explains why she has a heart for older people and loves visiting the home

I've known Leonora Home (Pilgrims' Friend Society's previous home in Chippenham) all my life. Our church went singing there at Christmas and then again at Easter. We'd all crowd in around the piano. I remember seeing the joy on everyone's faces, how they came alive when singing. Even if they struggled to remember other things, they could remember the old carols and hymns. They'd talk about how the songs reminded them of childhood, or a particular person.

Between these visits, I didn't think all that much about older people. But a few years ago I went to an event at Brighton & Hove City Mission which had a real impact on me. They were celebrating 170 years of the mission and at one point they reflected on their work with older people in their community and that's what gave me the desire to do the same here. My parents were at the event too and when I got back home I said, "Did anyone else feel a real calling to support older people?" It turned out God had spoken to each of us and given us all a real heart for this area of ministry.

I got in touch with Leonora and signed up as a volunteer in February 2020. Then of course the pandemic hit and I couldn't go in at all.

We'd pray on Zoom and send in little gifts but it was frustrating not being able to go in. In the summer of 2021 Leonora Home closed and Middlefields House opened, with many residents (or 'family members' as they are called) moving across. I was finally able to start my volunteer visits at Middlefields House in October 2021.

At first, I felt out of my comfort zone. I prayed that God would give me the confidence to talk to people and trust that He would use me. I don't always find social things easy. It's helped that I've been able to shadow the Activities & Community Engagement (ACE) Facilitator at Middlefields House. One of the things we do is a chair exercise class together, simple things like lifting arms and legs, stretching and bending. I've learnt a lot since being here, including about life with dementia. It's an education.

I've had some great conversations with family members. We'll chat about their family or past jobs. Doing activities together helps to make connections. For example, a family member and I were doing a jigsaw with puppies on. She told me about her old pets and I could tell her about my dog.



"She has always struck me as someone with such a positive attitude – I've never known joy like it in an older person."

One lady I've got to know well is Molly. I remember her from Leonora. She has always struck me as someone with such a positive attitude – I've never known joy like it in an older person. She enjoys the small things in life. She loves our exercise classes and motivates everyone else to get involved. If someone isn't joining in she'll say, "Come on, put your arms up in the air!" She has an incredible laugh!

I get so much out of being around the older people. They have so much wisdom and give you a different perspective. One thing I've come to appreciate is that life is short. It's no good saying you're going to do something.

You should actually get on and do it. Older people can sometimes feel forgotten and I really feel for them. God has still got them here for a reason.

I work as an administrator at the doctor's surgery just round the corner from Middlefields House. I work part-time and they asked me if I would increase my hours. I declined as that would mean I wouldn't have time to volunteer at Middlefields House anymore.

My colleagues and I have been enjoying The Harvest Coffee Shop at Middlefields. It's a real treat to pop over on our break. I'm really excited about the potential the coffee shop has as a place for the community to connect with the care home. I think this could really help break down the barriers around what a care home is and what it's like to be an older person.

As a Christian, I can see how important it is for older and young people to connect. God has made us as a church with people of all different ages to be family. The lives of older people are worth so much.



Friendship
Is Ageless

As part of our **Friendship Is Ageless** campaign, we're encouraging people to connect across the generations. To find out more, see: www.pilgrimsfriend.org.uk/friendship

Exclusive extract:

Brain and Soul Boosting

An extract from our refreshed and relaunched resource

Devised by Louise Morse, cognitive behavioural therapist and author, speaker and writer with Pilgrims' Friend Society, and Janet Jacob, psychogeriatric nurse and former care home manager, Brain and Soul Boosting is a series of sessions which support older people to build relationships and retain healthy cognition.

Louise says, "The best way to use this resource is to prepare well and be relaxed and waiting in the room for your group to arrive. If you buy the whole resource, be consistent: stick to the sequence of each session and try to meet in the same place each time."

Why not try out this session, and then pick up your copy of the full resource on our website?

Numbers

Prepare the room by putting out some items such as money or a calculator.

Read from Scripture: Luke 21:1-3

Discuss a news item related to numbers such as anything that mentions the number of people.

To promote discussion

- Did anyone have a job where numbers were used e.g., tailor, bank clerk, architect, engineer, retail worker?
- Do you think everyone should be competent at Mathematics and be taught to that level?
- Would our society be as helpful to us without people using mathematics?
- As a child, what could you buy for one old penny?
- What was your first wage?

Suggested activities

Guessing Game

Have a jar filled with sweets.

- Write the names of the individual members of the group on the flip chart.
- Ask each one to guess the number of sweets in the jar and write the number alongside their name on the flip chart.

- Empty the sweets from the jar into a plastic cup for each person. Ask them to count their sweets into the empty beaker and then write down their total.
- Working in pairs ask them to add their totals together.
- On the flip chart add all the numbers together to see whose guess was closest.

Bible stories

Luke 15:8-10

The story in Luke's gospel is about a woman who loses a precious silver coin. In the tale, the woman lights a lamp, searches and sweeps her house until she has found it. Once she does find it, she invites her friends and neighbours around to celebrate. It's a bit like the parable of the one lost sheep. It's about Jesus not willing for any of us to be lost. Like the woman's silver coin, we are precious to Him, only more so!

What was the one thing you lost that was so important that you searched for it diligently? Did you find it?

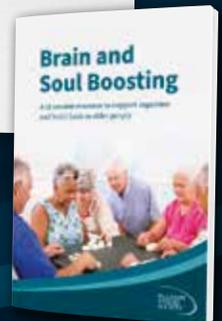
Ending the session

The fourth book in the Bible is called Numbers. It is a book which teaches us about the terrible consequences of God's people making the wrong choices. Because of the nation's unbelief, Israel's eleven-day journey from Egypt to Canaan became a forty-year ordeal. The clear lesson for each of us is that obedience is the path to blessings, and disobedience to frustration. It's as the old hymn goes: "Trust and obey, for there's no other way to be happy in Jesus, but to trust and obey."

Finally

- Has anyone written down things to thank God for, or to pray for?
- Would you like to pray now?

Get your copy of all
12 sessions for £20 by visiting
pilgrimsfriend.org.uk/bsb or by calling 0300 303 1403



Social Care FUNDING Q&A



Navigating the system



In part two of our series exploring social care funding, Barbara Margetts, our Assistant Director of Operations, explains what happens if a person needs care and why it's important to prepare in advance

If I think someone I know needs care, what should I do?

The first step is to get in touch with your local council who will provide a care needs assessment. This will determine the level of support needed, whether it's help at home with everyday tasks such as washing and dressing, or moving into a care home.

Who pays for care?

The finances of the person needing care are assessed and a decision is made on how much they should pay towards their care. Some people fund their own care entirely (self-funders). For other people, the local authority will pay towards the cost of care.

What happens if the person needing care has funds but doesn't have the ability to access them?

You can prepare for this situation by putting a Lasting Power of Attorney (LPA) in place. An

LPA is a legal document that lets a person choose one or more trusted people ("attorneys") to make decisions on their behalf should they lack the capacity to do so, for example due to an accident or an illness that means they lose mental capacity.

There are two types of LPA:

A property and affairs LPA – gives powers to an attorney(s) to make decisions about a person's financial and property matters.

A personal welfare LPA – gives powers to an attorney(s) to make decisions about a person's health and personal welfare.

All LPAs must be registered by the Office of the Public Guardian (OPG). Ensuring that you have LPAs in place can help make things easier at a time of stress or crisis when it might be difficult to think through big decisions such as whether you would want to sell your home.

If a person doesn't have an LPA in place and they need care, what would happen?

It may be necessary for the Court of Protection to become involved. The Court of Protection may then make an order relating to the person's personal welfare or financial affairs and appoint a deputy who may make decisions on their behalf. Having to go through the Court of Protection can be lengthy and add complication at a time of strain. I can't emphasise enough the value of having an LPA in place in advance.

I've heard that going into a care home can be very expensive. How much will a person need?

The cost of care home fees varies between providers and individual homes. A typical weekly rate at a Pilgrims' Friend Society care home can range from £918 to £1,412 and this will depend on your care needs and where you choose to live. In our care homes, we accept both self-funders and those who are being supported by the Local Authority.

If a person is paying their own fees, we expect them to have sufficient funds to meet our home's fees for a minimum of two years (other providers will have a similar requirement in place). If a person cannot pay for their own care and they

are supported by the local authority, they will be required to contribute an amount towards their care from their own resources, including Pension Credit.

As local authority funding does not cover the full cost of care, it may be that a third party, for example relatives, can contribute towards the cost of a person's care. These contributions are called top-ups.

How else can a person prepare for when they might need to go into a care home?

It's a good idea to have done some research on local care homes and even ask to go on the waiting list. None of us likes to think about it but if a crisis arises where it's no longer safe to live in your own home, after a hospital admission, for example, it can be very helpful to know which care home to call first.

WHERE TO GO FOR INFO

For details of different types of care and funding, see www.ageuk.org.uk/information-advice/care

To register a Lasting Power of Attorney (LPA), see www.lastingpowerofattorney.service.gov.uk



Join us for Prayer Week 2022!



Friendship Is Ageless

With your copy of the magazine, you will have received your Prayer Week 2022 leaflet with prayer points for each day. This year, Prayer Week is linked to our campaign, Friendship Is Ageless. Please do join us in praying that older and young people would connect.

We're also hosting three special events online to explore how we can build connections across the generations. We would love you to join us!



WORDS: Helen McKay-Ferguson



Residents' stories: **BRIAN**

Reverend Brian Nicholson has recently moved to Middlefields House in Chippenham. He, together with his wife Hilary, told us about a lifetime of relying on the Lord's guidance and provision

"I've given my life for you, why don't you give me yours?" These were the words that came to Brian during the regular weekly prayer meeting one Tuesday at St Mark's church in Gillingham.

The seeds of the gospel had been sown in Brian's heart over several years. He was born on 11th August 1944 in Tunbridge Wells in Kent. His father was an army officer who had served in the Second World War – an interpreter, he was one of the last to be evacuated from Dunkirk. He was also awarded a military MBE for rescuing a lady trapped in a burning house in Portsmouth. Because of his father's army role, the family moved around a lot, spending time in Kenya, France and his father also served in Korea. Brian was sent to boarding school at the age of eight, first Abberley Hall, a prep school in Shropshire, and then Winchester College from 1957.

It was while on a skiing trip that he first had the

gospel explained to him by a Christian teacher. His parents, however, did not approve and deterred his Christian faith. On leaving school, he trained for the Army at Mons Officer Cadet School and was commissioned as an officer with the Royal Green Jackets. He trained young recruits in Winchester and then saw active service in Cyprus, Borneo and Germany on a five-year commission.

While serving in the Army, Brian was invited by Christian colleagues to a house party at Ashburnham Place in East Sussex, where the speaker was Reverend John Collins. Brian felt compelled by what he heard and asked John if there was anything practical he could do to help at his church, which was St Mark's, Gillingham. It was through attending prayer meetings and sitting under John's ministry that Brian eventually put his trust firmly in Christ.

He and Hilary married in 1968. On leaving the army, Brian became a personnel officer with

Friendships in Later Life

Tuesday 14th June

We'll look at how friendships can help older people understand their purpose in later life. Roger Hitchings will look at what the Bible says about remaining purposeful, and we'll explore how friendships across generations can help older people live well.



Roger Hitchings, Pastor and Speaker

Friendships and Dementia

Wednesday 15th June

We'll look at befriending people living with dementia. Louise Morse will highlight some of the key challenges for building relationships in the context of dementia, and Tina English from Embracing Age will share some opportunities for making friends with those living with it.



Louise Morse, Counsellor and Dementia Expert

Friendships and Loneliness

Thursday 16th June

We'll explore how friendships between older and younger people can help tackle loneliness. We'll outline the problems that loneliness can cause in older people, and Jamie Hill from Faith in Later Life will help us look at ways of building connections in our communities.



Jamie Hill, CEO, Faith in Later Life



Tina English, Director, Embracing Age

All events will be held on Zoom and will start at 7.30pm, finishing at 8.30pm.

To sign up for these events, visit: www.pilgrimsfriend.org.uk/prayerweek2022

Elliott Automation, a subsidiary of Marconi. The expectation of both sets of parents was that Brian would continue in this steady job. Brian and Hilary, however, felt called to ministry. "We thought the Lord wanted us to be missionaries," explains Hilary. "We heard Brother Andrew and Corrie Ten Boom speak at a conference in Derbyshire and were quite prepared to respond to the challenge to 'go anywhere and do anything'"

Shortly afterwards, however, John Collins raised the possibility of Brian training for the Anglican ministry. "He said, 'It's a very good boat to fish from,'" Brian recalls. So he wrote to the principal of St John's College, Nottingham, Dr Michael Green, enquiring about ordination training. "Michael wrote back saying, 'I'm not interested until you get a definite call.' He sent me away."

That weekend John Collins preached a sermon that left Brian with a strong sense that Anglican ministry was right and wrote to Michael again. Now there were the practicalities to sort out, one of which was the cost of three years' maintenance.

The answer to their prayers came from a very surprising source, an American Christian friend who had been serving with the US army in Vietnam. He had accumulated some savings and said that he would like to cover Brian and Hilary's living expenses. Brian also received a grant for his College fees as he hadn't been to university up until then.

By this time, Hilary was pregnant with their daughter Lucia. "We hadn't got anywhere to live, and then St John's College bought a lovely detached house large enough for a family near the College. We moved in three weeks after our daughter was born. The Lord was amazing, so whatever we needed, He miraculously provided," says Hilary. Lucia was born in 1970 and a son, Paul, followed in 1972.

Leaving college in 1973, Brian trained as a curate at Canford Magna parish church near Wimborne and saw many come to a personal faith during the four years he was there. He then trained for a further three years at St Stephen's, Twickenham, with Reverend Martin Peppiatt from 1977-1980.

Brian was ordained Vicar of St John's Church, Colchester, and served there for 16 years from 1980-96. It was a small Victorian church building and before long it became clear it would need to be extended so it could better serve the spiritual and practical needs of the community.

"The architect told us that he wouldn't start work until we had a deposit of £60,000," says Hilary. "We were not a wealthy church community, so for us that was a lot of money. We started regular early morning

"The Lord was amazing, so whatever we needed, He miraculously provided."



prayer meetings and after a day of prayer and giving we had exactly £60,000!"

The money kept coming in through continued regular prayer and gift days. Not only that, when the project was complete they found they had £12,000 over which they could give to two churches, one in Romania and one in Israel. "It reminded us of Jesus's miracle of feeding the 5,000 with 12 baskets over!" says Hilary.

The extended building was a huge blessing to the community. A playgroup and a mothers and toddlers group were set up, plus a monthly lunch club for 50 retired parishioners. The church also ran monthly youth services and Alpha courses. "We had a very gifted evangelist, Peter Adams from Through Faith Missions, on the team. Everything we did was rooted in sharing the gospel," says Brian.

Brian then took up the role of Rector of St Leonard's Church, Oakley, three miles from Basingstoke from 1996-2009. As in Colchester, there was a need to remodel the space, this time the church hall, so that it would better serve local people. The same architect who had been involved with the project in Colchester came on board and again the Lord graciously answered prayers for funding.

As part of his ministry, Brian introduced the church to the discipleship movement Freedom



In Christ. He was invited to become a Trustee and spoke to churches of all denominations across the country.

Despite the busy life of a minister, Brian found time to relax, playing squash and tennis. He is also a keen bird watcher. The family called their home in Winchester Nuthatches as the birds nested in their garden, along with blue tits, great tits, robins and blackbirds.

On retirement in 2009, Brian was given a powerful pair of binoculars by the church family at St Leonard's. He and Hilary also bought a caravan and they have enjoyed spotting birds on holidays around in the UK – including firecrests and ospreys in the Cairngorms, and golden and white-tailed eagles on the Isle of Mull. Brian also arranged Christian Tours to Israel with CMJ, each time seeing the colourful birds of the Middle East.

In late 2018, Brian was diagnosed with Parkinson's disease. He moved into Middlefields House, Chippenham at the end of November 2021. "Moving into a care home was a big decision and the COVID-19 restrictions have not made things easy. Nevertheless, we are very happy that a Christian care home was possible," says Hilary. Brian has been enjoying the devotions sessions, including some very fruitful times in the Spirit.

The smaller setting of household has also helped him settle in. "There are only 12 people in a household," he says. "It's a nice number of people to get to know – not too many, not too few. No wonder that's what Jesus picked for the disciples!"



Find out more about how we care for people who live with us:
www.pilgrimsfriend.org.uk/
[thewaywecare](http://thewaywecare.org.uk/)

Gift FORM

...CONTINUED



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

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

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 You can make a donation via our website www.pilgrimsfriend.org.uk/give or fill in the forms below:

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