

EASTER APPEAL  
Will you lend your support?

# The Pilgrims' MAGAZINE

SPRING 2024

Hummingbird's  
*the word*  
Susan's special  
dementia role

The Pilgrimage 2024!  
Put your  
best foot  
forward...



LET DOWN & LEFT OUT?  
How to help the carers struggling in your church

*From devotions  
to drama groups...*

Why local church links can  
transform care home life

PILGRIMS'  
FRIEND  
SOCIETY

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



**Got a great story?**

Email our editor **Helen** on [helen.mckayferguson@pilgrimsfriend.org.uk](mailto:helen.mckayferguson@pilgrimsfriend.org.uk)

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Pilgrims' Friend Society is a registered charity and a company registered in England and Wales. Charity No: 1045920 • Company No: 03027071

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 See back cover for details



# News round-up

News and events from across our charity and beyond

## Hello Homesdale

We're delighted to say that on 31st January 2024, Homesdale in Wanstead, Northeast London, officially became part of the Pilgrims' Friend Society family. Homesdale is a 70-flat sheltered housing scheme and an 18-bed care home and was set up by Woodford Baptist Church to serve the needs of older people in Wanstead.

Sarah Walsh is the General Manager at Homesdale. She says, "We are excited to be joining the Pilgrims' Friend Society family and continuing Homesdale's legacy in providing care and support within a Christian environment. Pilgrims' Friend Society have a similar vision and ethos to Homesdale in creating a community rooted in faith with our residents at its heart, and we are looking forward to seeing this evolve and grow."



Stephen Hammersley, the Chief Executive of Pilgrims' Friend Society, says, "We very much look forward to working with staff and residents at Homesdale, building on the excellent work that has been done over many years."

Homesdale was originally set up as a care home in 1948 with the housing scheme added in 1985. The home provides a warm and secure place where social, physical and spiritual needs are met within a Christian environment. Regular services are held for those who wish to attend. In the sheltered housing, Homesdale provides quality affordable housing with the reassurance of a warden team, emergency assistance and support from a domiciliary care service.

To find out more about life at Homesdale, visit [www.pilgrimsfriend.org.uk/homesdale-care-home-london](http://www.pilgrimsfriend.org.uk/homesdale-care-home-london); [www.pilgrimsfriend.org.uk/homesdale-housing-london](http://www.pilgrimsfriend.org.uk/homesdale-housing-london)



## Joy in Ageing competition



Christian charity Embracing Age are running their Joy in Ageing competition once again, inviting those aged 50 and over to share poetry and artworks celebrating what it means to grow older. The competition runs until 30th April 2024 and shortlisted works will be published in an anthology to celebrate International Day of Older Persons on 1st October.

Entries should either be emailed to [joy@embracingage.org.uk](mailto:joy@embracingage.org.uk) or posted to

Joy in Ageing Competition, Embracing Age, ETNA Community Centre, 13 Rosslyn Road, Twickenham TW1 2AR.

For all the details including competition guidelines, visit: [www.embracingage.org.uk/joyinaging](http://www.embracingage.org.uk/joyinaging)

Read our guest feature from Embracing Age this issue 'How to help carers at church' on p.12.

## Save the Date Modern Slavery – online event Tuesday 25th June, 2pm



Christians in Care will be hosting an online talk exploring the issue of modern slavery, featuring guest speakers Peter Killingley from CARE and a representative from Their Voice. Almost one in five potential victims of modern slavery works within the care sector and numbers are expected to rise. This event will explore: What can Christians do about modern slavery today? How can we be alert to the signs of it? How can we stand up for the most vulnerable? What should we be encouraging our government to do?

For more details and to sign up for this event, please visit: [www.pilgrimsfriend.org.uk/christiansincare](http://www.pilgrimsfriend.org.uk/christiansincare)



At Pilgrims' Friend Society, we know how important it is to provide opportunities for older and younger generations to connect. We were therefore delighted to host ITV Anglia at Finborough Court for a special Valentine's card-making session with Great Finborough & Buxhall Under 5's. Speaking to the reporter, our Activities & Community Engagement (ACE) Facilitator Simon commented, "You can just see the faces of all the residents light up, it's magic. It's lovely to get a different age range and diversity." Smiles all round!

## In other news

Julian Hillman joins our Support Office as Director of Finance and Hugh Lambourne joins us as Director of Property Services. Caleb Sinclair is our new Activities & Community Engagement (ACE) Facilitator at Middlefields House in Chippenham.



For more great stories, follow us on social media:

- @PilgrimsFS
- @PilgrimsFS
- @pilgrimsfriend
- @pilgrimsfriendsociety



## Meet a Hummingbird... **SUSAN**



Susan took on the role of Hummingbird in February 2023. As part of our The Way We Care approach, she provides practical, emotional and spiritual support to our family members at Shottermill House in Haslemere

**As a family, we all moved to Fernhurst in West Sussex in 2017.** My daughter and her husband had been living in London but didn't want to bring up their boys there. We're very close as a family, and so my husband and I decided to move from our home in Kent too, together with my mum, Sheila, and my aunty.

**My mum is living with dementia.** As the condition progressed, it became clear that I couldn't keep caring for her myself. She wanted to come to a Christian home and that's when we found Shottermill House. Mum moved in about six years ago.

**I started volunteering at Shottermill House during Covid.** With all the visiting restrictions, this was a lovely way I could continue to see Mum, as well as get to know all the other members of the home.



**One day I was asked if I'd consider taking on the role of Hummingbird.** I love being with people and so I decided to give it a go.

**As a Hummingbird, I get alongside family members, particularly those living with dementia.** I'll hold someone's hand when they are sad. Sometimes it's not about talking, it's about being there and giving them a stroke and saying, "It's going to be okay".

**I've been able to draw on my own experience of caring for Mum.** I know that conversations can be very weird when you sit with someone with dementia. You learn to just go with the flow. Mum used to tell me things like she was going to Australia and ask if I wanted to come. When she was first diagnosed, it was devastating, but now as a family we've moved to a place of acceptance. Mum is very content. She doesn't worry about anything.

**I've also learnt a lot through The Way We Care training.** At its heart, it's about getting to know each person. If someone is distressed, I might suggest that we have a cup of tea. If you can get the conversation onto something you know they might like to talk about, you can help them to move on.

**There is one gentleman living with us called Farrell.** He can't verbally communicate anymore but if you put on some Scottish music or show him a favourite gardening book, his eyes will light up.

**For most of my working life, I was a hairdresser.** I know how important it can be for people to look their best. I'll do things like paint someone's nails, give them a dab of hand cream or brush their hair. It can make a big difference to how a person feels.

**I'm also a very practical person.** There's a lady here called Christine. She didn't have a good place to put her papers and they were getting jumbled. I got her pink plastic box and spent some time sorting through them with her. She's very happy now.

**Previous experience of volunteering has also helped prepare me for this role.** My father sadly died in a hospice about 25 years ago. The hospice really supported us as a family and after my father passed away I started volunteering there as a hairdresser.

**Being around those who were dying was hard and eventually I had to stop.** However, that experience helped shape me. Now I'm older and have had more life experiences, things don't scare me as much. Here, I can sit with family members who are at end of life. I'm more able to cope with it now, although it's still always sad.

**There's a wonderful, caring atmosphere across the whole home.** From the kitchen staff, to the housekeepers to carers and management, everyone is committed to putting the family members first. It's one big happy family.

**I get a good feeling when I come here.** I come away thinking, "I've really enjoyed today." I love making a difference. Everyone here is so lovely – I love them all. It's a privilege to be here.



Susan with her mum Sheila

### In her spare time, Susan likes to:

- Take part in a weekly keep fit class and a weekly Pilates session
- Look after her two grandsons when her daughter/ son-in-law are busy working
- Go on walks in the countryside, often with her daughter's two dogs



Could you join our team?  
[www.pilgrimsfriend.org.uk/jobs](http://www.pilgrimsfriend.org.uk/jobs)

# Blue, red or yellow: *who's offering the* **BEST SOCIAL CARE SOLUTION?**

With 2024 an election year, Alexandra Davis, our Director of Marketing and Communications, takes a look at what the three main UK-wide parties have to say about one of the defining issues of our age: social care



Thinking about politics through the lens of my Christian faith is one of my favourite pastimes so as we move into this election year, I wanted to know what our political parties are thinking about with regards to social care. This subject will be high on my agenda as I consider how to cast my vote and I think many of you, our Pilgrims' Friend Society family, will be thinking something similar.

At the time of writing, no election has been called and there are no published manifestos so what I've gathered here is what we know so far about what the main parties are likely to offer.



## Conservatives The Conservative Party



It's been a tricky time for the Conservative Party as the party of Government and unfortunately they haven't been able to grasp the nettle of issues around social care. Their 2019 manifesto was light on concrete actions and their commitment to spend £1 billion a year over the parliament wasn't enough to match the £4.1 billion estimated to be required by 2023-24. In the event, it hasn't been delivered.

However, this may be an opportunity for the Conservative Party to commit to something more concrete. Methodist Homes Association (MHA) CEO, Sam Monaghan noted support at last Autumn's Conservative Party conference for a Social Care Council which would act as an independent body representing social care sector workers, helping with recruitment in the sector.

Connected to this need to recruit is the reality that many social care sector workers come from overseas and it was good to see that these workers will be exempt from the Government's changes to the Skilled Worker Visa plan which has increased the salary threshold for those coming to work in the UK to £29,000.

Overall, it seems that while there's a recognition of the issues facing social care, the Conservative Party hasn't delivered a clear plan for effective funding or a vision for the sector overall.

## Labour The Labour Party



There have been rumblings for a while now from the Labour Party about the prospect of a National Care Service to elevate the status of the social care sector to the same as the NHS. Last June the Fabian Society released a report commissioned by Wes Streeting (the Shadow Secretary of State for Health and Social Care) which laid out a roadmap to make social care available to all with stronger citizen rights. There would be a fair workforce settlement and it would be a new public service with new national leadership.

It would be reasonable to assume that this is likely to form a key part of the Labour Party manifesto for 2024, although funding a change like this will be challenge and it's been well-publicised that the Shadow Chancellor, Rachel Reeves, is planning to hold the exchequer's purse strings tightly should Labour form the next Government.



## The Liberal Democrats

Again, Sam Monaghan from MHA has been scouring the political scene to bring us some analysis and his evaluation is that "social care seems to be a huge priority for the Liberal Democrats." Last year's party conference brought news that a pledge to make care free for all (whether at home or in a care home) with an investment of £5 billion, £2 billion of which would be clawed back through savings made in the NHS.

While this is the most concrete policy that we know about so far, the obvious disadvantage is that the Liberal Democrats are unlikely to form a government. However, there is a bit of chatter about a potential hung parliament and it might be that a Lib Dem influence is felt in the corridors of power in that context.

There should be much more to come in this area during 2024 so do keep in mind what the parties are saying about social care as you prepare to vote. It's an expensive and complex issue, but we have an opportunity to play our part in shaping the future of this incredible sector when we get to the ballot box later this year.



Please pray:

- That social care will be a big part of the conversation during the election campaign
- That whoever emerges as our new Government would have courage to tackle such a major and complex challenge as social care



# Saying 'goodbye' to Bethany



On 31st January, ownership of Bethany Christian Home passed to Karlyon Care, a care home business based in Plymouth. The home will now be known as Bethany House with the new owners committing to preserving its Christian ethos. Sharon Trevarthen, the Administrator, and Sally Lear, the Activities & Community Engagement (ACE) Facilitator, pay tribute to the home's rich history

## Sharon

"Bethany plays an important role in Plymouth – we're the only Protestant Christian care home in the city. We are very pleased that the new owners are so open to Bethany remaining a place where the Christian life can be lived fully, with prayer a regular part of daily life.

"I've been at Bethany for seven years and from day one it was clear to me how special this place was. The first person to greet me was a gentleman called Clifford. He was the epitome of an old school English gentleman with impeccable manners – if a lady entered the room, he would stand up. Another

wonderful lady was Irene. She'd been told she only had six weeks to live and ended up being with us for 18 months. She was bedbound but spent the whole time knitting – blankets for people in cold climates, poppies for the British Legion or holly decorations. I have one of her holly decorations on my desk til this day.

"Everyone who has lived at Bethany has been special in their own way. I didn't know my grandparents and so it's been like having the grandparents I didn't have and then some. Although change feels hard, we're grateful that Bethany isn't having to close and we're pulling together and looking to the Lord as we embark on the next phase of the home's life."



## Sally

"As the ACE Facilitator, I'm grateful that Pilgrims' Friend Society will continue to fund my role at Bethany, helping to support Christian life and building partnerships with the local community. We're blessed with some amazing church volunteers who lead devotions and we have good links with local schools. Our family members love it when children come to visit, joining us for everything from games afternoons to special events like our nativity or Chinese New Year. We also have good links with the University of Plymouth, with students leading music and poetry workshops. My hope is that we can continue to build on these foundations, ensuring a richness of life in the home's future."

Please pray:



- That links with local churches would continue to flourish
- That Bethany would continue to be known and cherished as a Christian home
- For God's constant presence and comfort at this time of change

# The Pilgrimage



Once again, Pilgrims' Friend Society is launching its spring/summer fundraiser to "step out on a Pilgrimage and step up support for dementia". This fantastic joyful fundraising opportunity directly supports the work of our team of Hummingbirds who are an integral part of The Way We Care.

**Hummingbirds** are employed with the sole purpose of spending time and connecting with our family members affected by dementia (see Susan's story on p.6-7).

Each week, across our network of homes, we deliver an astonishing **384 hours of Hummingbird hours**; that equates to an incredible **19,968 hours of Hummingbird hours every year**.

*In 2023, we raised over £8,000 towards this service; our target this year is to double that and raise £16,000 to further develop this aspect of our work.*

## Our Ask To You

**Will you undertake a Pilgrimage this year and raise funds for our Hummingbirds?**

## The benefits to you

The benefits of a Pilgrimage are numerous; some people seek spiritual enlightenment, while others go to connect with their faith and find inner peace, or gain a deeper understanding of their religion.

Pilgrimages can also provide an opportunity to meet other like-minded individuals and escape from the stresses of daily life. Additionally, pilgrimages can be a way to

learn about the history and significance of a particular place or event.

Taking regular physical exercise also appears to be one of the best things we can do to reduce our risk of getting dementia. For Alzheimer's disease specifically, the risk is reduced by 45%.\*

## Take the next step

Whether you want to walk, run, swim, cycle or do something else, we pray that you will join our journey to...

- Step out to raise vital funds for our Hummingbird team
- Step out for a healthy you
- Step out and strengthen your relationship with the Lord

Head to [www.pilgrimsfriend.org.uk/pilgrimage](http://www.pilgrimsfriend.org.uk/pilgrimage) where you can download The Pilgrimage guide.

Log on to Stewardship where you can set up your own fundraising page [www.stewardship.org.uk/fundraising](http://www.stewardship.org.uk/fundraising)

## So what are you waiting for?

Start planning your Pilgrimage now!



\*Source: [www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/reduce-your-risk-of-dementia/physical-activity](http://www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/reduce-your-risk-of-dementia/physical-activity)

# On the RADAR

Many people are acting as informal carers for older loved ones or neighbours but there's a danger that their needs can go unseen. Here **Sarah Smith** from Christian charity **Embracing Age** shares some ways to help support those with caring responsibilities in your church family



Seeing new faces at church is always such an encouragement. But do we notice when members of our fellowship stop staying for coffee, come less often, or even stop coming at all? For informal carers – many of whom are looking after a family member at home – this is a familiar pattern. It becomes tricky to attend church with their loved one, it becomes impossible to have a proper conversation with anyone else, and in the end it is just easier to stay at home.

And yet their Christian faith is the very thing that keeps many carers going in the most challenging of circumstances. It is a time in their life when they have a desperate need to be loved, supported and encouraged, especially by their Christian family. Paul teaches us in Galatians 6:2 to 'carry each other's burdens...'; and in verse 12, 'as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.'

During the pandemic church moved online and carers, like others, accessed live-streamed church services. But whilst the rest of us are now back in the building, worshipping and praying together, many carers have been left at home. Not only may their absence have gone unnoticed, they may be feeling even more excluded by watching online and seeing others from their church family meeting together. 1 Thessalonians 5:11 urges us to 'encourage one another and build each other

up', so how are we encouraging the carers within our congregations?

Realising their plight and their desire for fellowship, the Christian charity Embracing Age set up Zoom gatherings during lockdown for Christian carers all over the country to chat and pray together, called Carers Connected. It was so appreciated by participants that it has continued ever since. The weekly gatherings last just one hour, they often include a poem for reflection and always finish with prayer. Carers appreciate feeling supported by others who understand, praying for one another and sharing experiences. It has been variously described as "a lifeline for carers", "the highlight of my week", "something just for me".

A simple first step to encourage a Christian carer known to you could be to tell them about Carers Connected. Very often carers are exhausted, stressed and weary with no reserves of time or energy to consider their own needs, and may not have heard about this support available for them.

Embracing Age have talked with carers about the ways they would value support from their churches and this was the response:

**Seeing** - often carers are out of sight, out of mind, so churches should be intentional in looking, identifying and acknowledging the carers within their congregation.

**Listening** – caring often has a negative

impact on mental health, with feelings of stress, loneliness and isolation. Offering a listening ear can be invaluable, but timing is critical – carers are unlikely to speak frankly in front of the person they are caring for, and they may not wish to speak truthfully about the difficulties they face at a social occasion.

**Praying** – be specific about asking for prayer requests and demonstrate genuine interest about what their life is really like.

**Enabling and including** – carers and the person they are caring for want assurance that they are still part of church family life. Ensure that they receive relevant communications and are not overlooked or marginalised. Enable them to serve with a safety net if appropriate, especially if serving had been part of their life within the church previously. Participation is so much more important than perfect performance within the context of church family. The safety net provides for someone else to step in at the last minute if needed.

**Offering practical help** – be specific rather than making generalised offers of help, and do not make assumptions about what may be helpful. A good question to ask is, "What would help you most at the moment?". Consider creating a directory of help that can be offered such as lifts, gardening, DIY, emergency cover, meals etc.

Turn the  
page to read  
how Pam found  
support with  
caring...

Please pray:



That churches across the country would seek to encourage and support carers in their congregations, and that Christian carers would be led to Carers Connected to share and pray with other Christians in similar situations.



## CARERS CONNECTED

Carers Connected currently has Zoom gatherings on Wednesday evenings at 7.15pm and Thursday afternoons at 3pm.

Find out more:

🌐 [www.embracingage.org.uk/for-carers](http://www.embracingage.org.uk/for-carers)

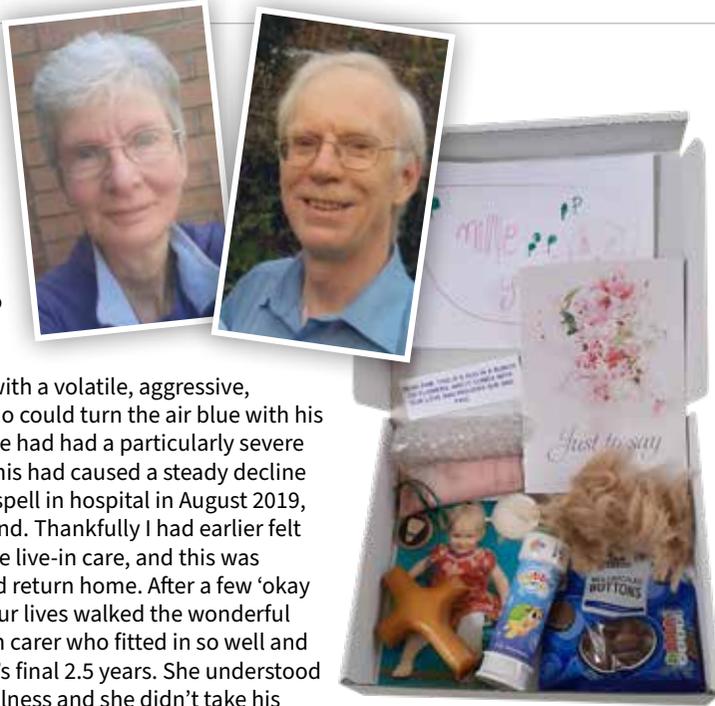
✉ [carers@embracingage.org.uk](mailto:carers@embracingage.org.uk)

For information about webinars and workshops available to church groups about supporting informal carers, and other topics related to ministry amongst older people, please visit:

🌐 [www.embracingage.org.uk](http://www.embracingage.org.uk)

### Pam's story

My husband Barry had a rare form of dementia, which first showed itself in November 2018 in marked behavioural change. For 42 years I had been married to a very gentle, patient and caring Baptist minister; suddenly I was presented with a volatile, aggressive, verbally abusive person who could turn the air blue with his swearing! For a long time he had had a particularly severe form of essential tremor. This had caused a steady decline in his mobility and, after a spell in hospital in August 2019, he was discharged bedbound. Thankfully I had earlier felt prompted by God to explore live-in care, and this was hastily actioned so he could return home. After a few 'okay but not ideal' carers, into our lives walked the wonderful Blessing – a lovely Christian carer who fitted in so well and remained with us for Barry's final 2.5 years. She understood Barry's behaviour was his illness and she didn't take his abuse personally.



#### Things I found challenging:

- not being able to go out for long, as it took both of us to move him seven times a day
- even less support/contact with people during lockdown
- navigating an unknown path, largely alone – Barry's condition didn't fit support groups such as Alzheimer's Society
- endless chasing of medical services etc to get what we needed
- disturbed nights often dealing with random comments e.g 4am 'Where's Windsor Castle?!'
- wondering how long I could keep going.

#### Things that helped me cope:

- Practical love of friends – a 'Hug in a bunch' (flowers), cards, pamper gifts, phone calls asking after me (not just about Barry)
- Carers Connected weekly meeting to share and pray with people who understood the challenges of caring
- Daily church prayers on Zoom where I was regularly prayed for
- Online services and meetings
- Reading Psalms to Barry, particularly when he was distressed
- Time with my sensory comfort box, containing items with pleasing textures, scents and happy memories; special photos, bubbles to blow, bubble wrap to pop!

Knowing the challenges of caring, I am now keen to support others. In church on Sundays I log onto Zoom services, to welcome and chat to isolated carers who might not speak to anyone else that day. I also help facilitate the Carers Connected evening group and help run a monthly Carers Cafe at the village surgery.

PILGRIMS' FRIEND SOCIETY

## Welcome to the SPRING 2024 DAILY PRAYER GUIDE

Welcome to the Pilgrims' Friend Society Spring Prayer Guide. Thank you for standing with us in prayer. We are so blessed by your commitment to pray with us, your support in this way is so appreciated.

'The desert and the parched land will be glad; the wilderness will rejoice and blossom. Like the crocus...'

Isaiah 35:1

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



**Homesdale Wanstead, London** – Sarah Walsh

**Emmaus House, Harrogate** – Chrissie Medway-Steel

**Carey Gardens, Kirby Muxloe** – Andy Harrison



**Those living in our homes and schemes**

Thank Jesus for everyone who lives with us. Ask for God's fresh blessing upon them daily.



**Care teams**

Praise God for our committed, hard-working, and resilient care team. Ask God that they would hold the fruits of the Spirit close to them as they work caring for our family members.



PULL OUT AND USE



# Mondays



**Evington Home, Leicester**  
– Jeanette Davis and  
Indy Modare  
**Dorothea Court, Bedford** –  
Yolande Dorgu



## Our catering, maintenance, and administration teams

Pray for the great work that our support teams do across our homes and schemes. Praise God for all that they do and ask God to grant them insight to know how to manage any challenges.



## Our resources *(see more on p.27)*

Thank the Lord for resources we've been able to create, such as Brain and Soul Boosting which is designed to deliver cognitive and spiritual stimulation for older people. Pray specifically for those using our resources in their small groups and within their church communities.



# Wednesdays



**Royd Court, Mirfield** –  
Vicki Miller  
**Finborough Court Housing,  
Great Finborough** –  
Keziah Vince



## The Operations Team overseeing our homes and schemes

Thank the Lord, for our operations managers who support our home and scheme managers. Thank Him for the strength and resilience He gives them daily as they oversee work.



## Recruitment

Pray to God for all those who work with us and ask for more people to join us. Pray for our recruitment team, that their work would be directed by God. We specifically thank the Lord for our overseas staff and thank Him for recruitment fairs that have taken place. May more people find Pilgrims' Friend Society a great place to work and thrive.



# Tuesdays



**Finborough Court, Great  
Finborough** – Rachel  
Fishburne and Karen Bley  
**Emmaus House, Whitehaven**  
– Gill Davidson  
**Pilgrim Gardens, Leicester**  
– Andy Harrison



## Activities and Community Engagement (ACE) Facilitators

Thank you Lord, for our wonderful ACE Facilitators, for the variety of activities and events they organise. Pray that as they oversee volunteers in our homes relationships and community connections are strengthened daily.



## Growth and Renewal Programme

Please join us in praying for the ongoing work of the Growth and Renewal Programme. Please do continue to pray for our search for suitable land on the South Coast where we can build a brand-new home that will help secure care the future of Christian care for older people long into the future.



# Thursdays



**Framland, Wantage**  
– PumDim Skinner  
**Koinonia Christian Care  
Home, Worthing** – John Manea  
and Nathan Page



## Our Support Team – Finance, HR, Communications and Property teams

Thank God for the work of our central support teams and the vital way they help our home and scheme teams. Pray for favour for their work, for their attention to detail, and for capacity and resource to get all their work done.



## Church and community engagement

Thank the Lord, for the support of local churches. May connections with churches, schools and other community groups strengthen throughout 2024. Pray for relationships to be maintained well and that staff would be able to reach more older people through the local church.



## Fridays



**Middlefields House, Chippenham** – Rali Ivanova, Friederike Hamilton, Sarah Stockinger, Ana Jesus

**Strathclyde House, Skelmorlie** – Tina McKeown



Rali



### Volunteers

Thank God for those who give their time and talents freely to support our communities. Pray that more people come and be a part of our work, and for our ACE Facilitators as they oversee the volunteering work.



### Giving

Thank God for every gift. We specifically ask the Lord that many people donate to our Easter Appeal. Ask that He would continue to provide financially and that more people would be encouraged to give what they can to our work.

## Saturdays



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

**Milward House, Tunbridge Wells** – Sarah Bayliss, Sid Martin

**Shottermill House, Haslemere** – Anne Pegler and Mike Beere



Maureen,  
Director of  
Operations



### Directors and trustees

Lift before the Lord our team of trustees and directors who lead our work. Ask that He would continue to guide all decision-making and planning.



### Families and relatives

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



**MORE WAYS TO PRAY :** Sign up to our new Prayer News email which goes out regularly with news and updates to guide your prayers:  
**Sign up here: [www.pilgrimsfriend.org.uk/pray](http://www.pilgrimsfriend.org.uk/pray)**



Our monthly Family News email contains all our latest prayer updates, plus details of happenings from across the organisation. Visit: [www.pilgrimsfriend.org.uk/keepintouch](http://www.pilgrimsfriend.org.uk/keepintouch)



## Louise ANSWERS

Louise Morse works for Pilgrims' Friend Society as Speaker, Trainer and Author. She is also a Christian counsellor and cognitive behavioural therapist. In each edition, she offers advice on a different issue

**Q** “I heard you mention ‘rementing’ in a talk you gave last year – could you explain more about this?”

**A** ‘Rementing’ is the rather ugly name for something beautiful – when the person living with dementia regains lucidity and reappears through the fog temporarily as themselves, with capabilities they seemed to have lost. There is no medical explanation for it, but it tells us that however the disease has changed his or her behaviour, *the person remains*. It can happen at any time, even towards the end, when the person is in the deepest dementia.

A close friend told how she visited an indomitable elderly aunt with dementia, and was surprised when she suddenly became lucid. My friend, a very gentle soul, told her (again) about Jesus Christ, and asked if she would like to commit her life to Him. Her aunt said yes, and they prayed together. The change in her aunt was amazing, she said. She'd always been ‘difficult’ but now she was kinder and contented, despite the dementia. My friend commented on how many people phoned to tell her about it.

Recently, a colleague mentioned a 93-year-old uncle who had rejected the Gospel all his life. Now with advanced dementia and being cared for by his Christian daughter and her husband, he ‘reappeared’ one day with a clear

mind. They had a lively discussion about salvation and he, too, joined the family of Christ.

There are many more stories, but we hear little about it because it doesn't fit the standard dementia paradigm. It often occurs after spiritual input, such as singing hymns or hearing Scripture.

We know that we are more than the sum of our parts. If our personalities were the result, in part or in whole, of the brain we genetically inherit, then when the brain died so would we. But Jesus Christ promised life after physical death and, a great one at that. As we are unable to see heaven with our physical eyes, so we are unable to see the real ‘us’, despite science's most advanced tools.

‘Rementing’ demonstrates the reality of 1 Corinthians 6:19, that we are spirit beings in earthly bodies. Dementia is a horrible disease, but for us the best is yet to come!

‘Do you not know that your bodies are temples of the Holy Spirit...’

1 Corinthians 6:19

Get in touch with Louise: ✉ [louise.morse@pilgrimsfriend.org.uk](mailto:louise.morse@pilgrimsfriend.org.uk)

Find out more about her work and publications: 🌐 [www.pilgrimsfriend.org.uk/louise-morse](http://www.pilgrimsfriend.org.uk/louise-morse)

## The power of persistence

**Alex Drew** is the new Chief Executive of our partner charity **Faith in Later Life**. She became a Christian at the age of 31 thanks in part to a lady at her toddlers' group who persevered with inviting her to church events/an Alpha course. Here, she reflects on the power of persistent personal invitations, and what that might mean for evangelism to those later in years

Having our invitations ignored or declined can feel like a rejection, and so it's no wonder that most of us don't have the heart to keep inviting people when they've consistently said 'no'. It takes faith and no small amount of resilience to extend yet another invitation and believe that a positive response may still come.

I first met Ella at the toddler group I attended with my one-year-old son. She was super friendly and kind, and she would regularly include me in invitations to women's coffee



Alex and Ella

mornings, Alpha courses, and special church events. Her invitations kept on coming as the seasons changed. Meanwhile two more toddlers were added to my family, and we eventually migrated to the school playground together.

But as lovely as Ella was, her invitations didn't interest me, and each one ended up in the bin.

Until one day, when life had taken its turns, as I stood staring out of the kitchen window, wondering what the point of me was, another invitation landed on the mat. It was from Ella, for an Alpha course she'd be running with her husband.

I read the Alpha strapline 'Is there more to life than this?', and although I'd read it several times before over the previous six years, I realised for the first time that it was a great question to which I needed the answer. I called Ella, signed up for the course, and went along each week. On the Alpha course I got to explore what Christianity is and how I can get to know Jesus as my Lord and Saviour, and on the night of the last session, before leaving the house to go to Alpha, I gave my life to Jesus and became a Christian.



Since then, I've been involved in women's and evangelism ministry, and extending a few invitations of my own. Ella's persistence and courage in continuing to invite me not only led to a change in my own life but has been having the knock-on effect of helping others to know Jesus through my ministry for the last 19 years. I've seen people of all ages and times of life come to know Jesus – young children, teenagers, women like me, and men and women in much later life.

**“People of all ages need to hear the gospel and personal and persistent invitations can be powerful.”**

People of all ages need to hear the gospel and have the opportunity to know Jesus, and personal and persistent invitations can be powerful in this as we join God in His mission to make disciples.

Judi is a good friend of mine, who at 83 years old became the team leader for the Seniors Ministry at Clevedon Baptist Church, as well as a Faith in Later Life Church Champion.

Among other ministries to older people, she

leads a team of over 65s in hosting a popular monthly event called Good News which is a magazine-style event providing an interesting afternoon of music, readings, people's stories, a thought from the Bible, and more, for members of the church and older people in the community who have few or no other links with churches.

Judi says, “Every month I use Canva to design personal invitation cards and print them at the church. These are handed to people at each meeting, asking them to share them with their friends and neighbours. This is important, because we've found that those who already attend the events are the best at recruiting others. It's a great encouragement for me and the team to see regulars bringing friends along for the first time.”

These invitation cards are also posted through letterboxes near to the church, and the image is used to let people know about Good News via social media, and posters in the church windows and the local library.

Judi uses her previous experience as a magazine editor to write a short article for a free local magazine that goes to every household monthly. “Recently this has brought in two new visitors who said they'd had a wonderful afternoon and plan to come again.”

This publicity, backed by prayer, means about 50-70 men and women come to Good News each month. Comments made to the team afterwards as guests enjoy a cup of tea and biscuits is a source of encouragement, and they know that this special ministry is helping to deepen people's understanding of the Bible and Christian living, stimulating their interests, and reducing loneliness for those who attend or are part of the team.



"A few have tried church on Sundays, and some have told me that coming to Good News is the highlight of their month."

"I am also happy that in these midweek afternoon programmes, over the months, we have been able to include the talents of many of our senior church members, resulting in a deeper knowledge of each other, and including them in the ministry."

"Being older myself means I'm on their wavelength. I know what the challenges of later life are, and our guests know that...we understand each other".

Reaching people with the good news of Jesus is a challenge in every age group, and of her

experience with older people Judi says, "Some people have been hurt by the church, and others carry a lifetime of misunderstanding about the church and the gospel. We must be prayerful and sensitive to this. We try not to overwhelm people with the whole gospel every time but share bitesize messages of God's truth and love for them".

Judi and her team are a lovely example of how God continues to use us to reach older people in our communities at any age, and how in fact, sometimes being older is a real advantage.



Judi

## Love My Neighbour

'Love My Neighbour' is a Faith in Later Life campaign running until the end of March. It's a simple campaign to remind and encourage us all to connect with our older neighbours this winter. We all crave human relationships; God designed us to be relational, and 'Love My Neighbour' is about simple intentional acts of love which build connections. It starts with praying for our older neighbours, finding out their names, then perhaps popping by for a chat and sharing our stories with them, and asking them about theirs.

It's been good to hear how some people have been more intentional in their neighbourly relationships this winter.

For anyone looking for ideas on how to build on those relationships now that winter is (thankfully!) coming to an end, we suggest that a wholesome next step with our older neighbours and friends might be to invite them out for a Spring stroll. This could be a walk out in nature, perhaps round the local garden centre, to your church coffee morning, or just a little wander around the garden together.

Walks and outings are great opportunities for deeper conversations, perhaps about faith, a chance to notice God's creation together, do something healthy like stretch the legs and breathe fresh air again after a season indoors, and reduce the loneliness that doesn't disappear when the clocks change.

## Trustee Opportunities at Faith in Later Life:

Faith in Later Life are looking to expand their range of expertise and experience by welcoming new trustees. They are particularly interested in recruiting someone who is part of their existing Church Champion network, as well as someone who has expertise and experience in fundraising and profile raising across denominations.

For more details and to apply, please see: [faithinlaterlife.org/trustee-opportunities-at-faith-in-later-life](http://faithinlaterlife.org/trustee-opportunities-at-faith-in-later-life)



## Tell me a story

Alison, 75, loves to read aloud to children at the local library and has found she can also use her skill to benefit others living at Royd Court, our independent living housing scheme in Mirfield

"My husband Jack and I moved to Royd Court in July 2021 and I saw that the local library was in walking distance. I enjoyed reading to children at the library where we used to live in the Lake District and found out that there was a story time here too. Now I go in and read stories to children every Tuesday. I used to be a nursery nurse before becoming a midwife and I love being surrounded by under-fives!"

"I really enjoy reading aloud – putting on all the funny voices. It's so important for children to feel books and see books and, importantly, see you enjoying them too. It all helps with building language and helping them to learn about the world. Among my favourites to read are classics by Shirley Hughes and Beatrix Potter, as well as Julia Donaldson.

"Many of the children who come to us are very little, under three, so I'll pepper the session with rhymes and songs, things like The Wheels On The Bus and Row, Row, Row Your Boat.

"It's not just the children at the library I read to... There is a lady living at Royd Court who can't see very well and so one day I offered to read to her. I think the idea came from my father who was a GP. He used to cheer up some of his patients by reading to them (times were different!). I remember that he read The Pilgrim's Progress to a young man who was dying of cancer.



"I thought that maybe the lady might enjoy The Pilgrim's Progress too and found an edition with nice pictures in. We were reading in the lounge and when some of the others heard me they started listening in. It's become a regular Friday event. After The Pilgrim's Progress, we read some biographies of hymn writers and The Birds Our Teachers by John Stott. We've since moved on to some children's classics – Heidi, The Secret Garden and The Wind In The Willows. The other day, Vicki, the Manager at Royd Court, came into the lounge and said 'it's just like Jackanory in here!'"



Our housing schemes are warm and friendly Christian communities where those living with us can enjoy fulfilled later lives. Thinking of a making a home with us? Find out more at [www.pilgrimsfriend.org.uk/housing](http://www.pilgrimsfriend.org.uk/housing)

# Calling all Christians: your care home needs you!

Links with local churches help to enrich life for older people living in care homes, whether it's through volunteering, group visits, coffee mornings or events. We hope these stories and ideas inspire you and your church to connect with your local care home...



## Ruth Mockler, our Activities & Community Engagement (ACE) Facilitator at Luff House in Walton-on-the-Naze, shares how local Christians are making a difference

"Our local churches bless us in so many ways. We're lucky to have Homelands Free Church right on our doorstep. Each Sunday, the church deacon helps walk across any family members who'd like to come. It's lovely that they have this opportunity to hear the sermon, pray and enjoy fellowship. During the open prayer time, one of our family members, Bob, joins in with praying out loud, thanking God for things we've been learning at Luff House.

"Homelands also has a regular event called Friendship Friday. Our family members love going along for a chat and a cup of coffee and once a month there's lunch, too. One of our family members, Peggy, makes a point of sitting on a different table from

others from our care home – she wants to meet new people and she's struck up a lovely friendship with a lady called Sheila. Another lady, Jo, is living with dementia. Each week, she'll look at our activity plan and make a note of Friendship Friday. She may not remember the details of what happened last time, but she knows she met nice friendly people and looks forward to going again.

## “It's great to have visitors from different churches.”

"Volunteers and visitors from local churches often come to our home, leading devotions, supporting activities or simply being available for one-to-one chats. As well as Homelands, we have links with Frinton Free Church and St Michael's. It's great to have visitors from different churches as our family members come from different church backgrounds themselves. Not only that but each visitor can share a different perspective or skill.

"For example, recently we had Cliff Keays from Walk Through the Bible visit us. He is an amazing storyteller and lots of our family members enjoyed hearing about his firsthand experiences of visiting biblical locations in Israel. One of our volunteers, Sandra, is very musical and leads sing-a-longs.



## Retired couple Maureen and Alan Tanner volunteer at Luff House

"Our daughter Jo actually works at Luff House as a visiting hairdresser but I'd never thought of volunteering there until I saw a sign advertising for volunteers at the St Michael's annual Christmas Tree Festival where Luff House has a tree. I thought, 'I could do that' and when I spoke to my husband he said, 'I could do that too.' Now we're regulars at Luff House, visiting once a week. We always have a lot of fun. Recently, an Elvis impersonator came in and I was up there dancing with the family members to all the old Elvis hits. We'll do things like split into two teams to play Jenga, my team versus Alan's team. There's always a lot of camaraderie and friendly competition.

"What I really love is chatting to the family members and hearing all their stories. There's one lady, Pamela, who used to teach blind children in Nigeria. I find it so fascinating.

“For us, it's a privilege to go in and give something back. It always lifts our spirits and when we leave we're always smiling.”



I'm always amazed by the power of music to touch people in places that other things can't – one of our ladies, Margaret, has advanced dementia and no longer talks, but she loves to sing along to a song she knows well.

"Just having church members come and sit is very much appreciated, giving our family members the chance to chat one-to-one. Bob, for example, loves having someone to discuss the Bible with.

"In the run-up to Christmas, one volunteer even invited some of our family members to visit their home for mince pies and a cup of tea. It was so wonderful for our family members to be doing something normal like going for a visit in someone's home. They were overjoyed.

"What's really nice is that our local churches work together to support us. For example, once a month Frinton Free Church has a dementia cafe and to get there we borrow the minibus from Homelands. They are very much of the view that they'd rather we were using it than it sat on their driveway.

"God made us all to be relational, not just with Him but also with each other, and that need for relationship remains the same however old you may be. For our family members, it's so important that they can live lives in relationship with others, and I know our volunteers get a lot out of it, too. Many of them tell me how much they enjoy visiting and look forward to coming. It's definitely a two-way thing."



**Koinonia Christian Care Home in Worthing has links with local charity, community group and church Storm Ministries. Ginny Cassell shares how visits by their children's groups have been beneficial to young and old alike**

"As part of Storm Ministries we have a babies and preschoolers group called Stormie Tots. Koinonia have hosted the group in their lounge – the older people loved having the little ones around and the little ones just did their own thing charmingly. Lots of the older people remembered the nursery rhymes and sang along and joined in the dressing up for the stories.

"Our children's performing arts group, Storm Club, has also been to do a performance. The theme was 'You've Got A Friend In Me' and the group did a dance to Hey by Leeland, sang 'Oh Happy Day' and did a drama presentation of 'The Lost Sheep'. They also recited a memory verse from Ecclesiastes 4 starting, 'Two are better than one...'

"The Storm Club performances are something we are keen to encourage as from our point of view we are teaching the children to want to use their skills to serve others. We encourage them to talk to residents before we begin the performance and at the end too, so it works well for both parties."



## Events

Many care homes host seasonal events, suitable for all ages. This can be a great first step if you're looking to connect with a care home as a family. Look out for Easter egg hunts or summer and Christmas fairs.

*Over the festive season, our home Middlefields House in Chippenham welcomed children through the doors with biscuit-making activities and story time with Santa.*



**Care Home Open Week** is taking place **24th-30th June**, with care homes across the country opening their doors to visitors with special events. Make a note to check the following website to find out what's going on near you:

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

Could you volunteer in one of our care homes?

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



# Resource picks

Get equipped for ministry with older people at your church

## Dementia Inclusive Church, £3 by Louise Morse

Old age is part of God's life design, intended as a time of blessing (2 Timothy 1:7) for the person and for the church (Job 12:12, Proverbs 23:22-23). But it can also be a time of physical frailty, including dementia, which is largely a disease of old age. Spiritual support encourages a person's relationship with Jesus and improves their well-being, as well as that of the families who are caring for them.

Dementia Inclusive Church distils the experience of fellowships that have stepped up to the plate and are meeting the challenge. It describes six key steps that enable a church to be truly relevant for people with dementia and their families, and how it works best when it is intentional, with dedicated leaders.

### Those who bought Dementia Inclusive Church told us...

"Such a helpful booklet; clear, thoughtful and scriptural."

Elizabeth ★★★★★

"Clear, informative, helpful in moving from willingness to do something to looking at possible specific action. Shared copies with our pastoral team, who took them away to read more. Modest in both quantity to take in and price makes it very accessible."

Judith, Cambridgeshire ★★★★★

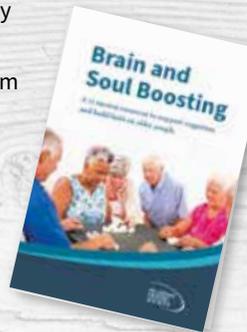


## Brain and Soul Boosting, £20

Our small-group resource is designed to deliver cognitive and spiritual stimulation for older people, including those with dementia.

Devised by Louise Morse and Janet Jacob, Brain and Soul Boosting is a series of sessions which support older people to build relationships and retain healthy cognition.

Themes include everything from celebrations to gardens, birds and holidays. Each session follows a carefully planned sequence that works well, leading participants into discussions and ending with a story from the Bible that illustrates the theme.



### Those who bought Brain and Soul Boosting told us...

"A recent purchase that I have only used once, as yet. However, having found it really helpful, being clear, concise and full of 'do-able' ideas, I shall be using it again and again. All those participating in the session enjoyed themselves, had fun and took something good from it. I'm very careful with how I spend my resource money, this was well worth buying."

Sarah, Peak District ★★★★★



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

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

Alternatively, ☎ 0300 303 1403

# Leaving a lasting legacy

Words: Helen Rackham

We consider what it means to leave a meaningful legacy and the steps you can take now to ensure the causes close to your heart are supported.

I started off doing what I always do... research! I researched how these gifts, these donations, represent and reflect the accumulated decisions of thousands of individuals, about the world they want to leave behind them.

I took a look at the legacy data presented by Legacy Futures for 2022/23 to find out more about what this cumulative annual gift actually looks like in the UK. It made for interesting reading:

- Annual legacy income has reached £4bn across the UK from around 140,000 bequests
- The top 10 legacy charities in England & Wales account for over 22% of all legacy income
- The top 1,000 charities<sup>1</sup> in England & Wales account for over 71% of all legacy income

- The average value of residuary gifts (a percentage share of an estate) is £53,500
- The average value of pecuniary gifts (a specific sum of money left in a will) is £3,740
- Unlike other forms of giving, there may be a long time lag between someone writing a gift into their will and the charity receiving the money. For residuary gifts, it takes an average of 6.7 years from last will to death and another 2.5 years to receive all the income from the estate
- Over the past decade, the number of people who say they have written a charitable will has increased by 43% – with 1 in 5 people saying they have now done so.

All of this made me think!

Surely leaving a legacy isn't just about money?



This forced me to start thinking about my own legacy in the context of how my work and life will be summarised and remembered.

I realised my legacy is about maximising the influence I can have on the lives of others so that I know my work for God is not in vain (1 Corinthians 15:58).

I thought about the world I want to leave behind me – and asked myself what (if any) impact my legacy might have on that?

Equally, I thought about the world I want to live in today – and asked myself what impact could I be making now?

Moreover, I started writing my own Will last year – and asked myself why I never got around to signing it?

Again, the answer came to me. I want to see the impact of my legacy in all its forms while I am alive, knowing it will continue after my death.

So, this is what I decided to do. I resolved to tell my family, and the charities that reflect my passions, my beliefs, my values, that I am:

- Making a commitment to a lifetime of giving because I believe their charities can help make the UK a happier and more equal place. This means I have set up a Direct Debit so both I, and the charities themselves, can see the impact my gift is having in my lifetime.
- Making a legacy pledge now, so that my charities of choice will be aware of what they might expect from me in the future.
- Writing my Will accordingly, along with a clear plan for my funeral, a funeral that's right for me.

<sup>1</sup> Top 1,000 legacy charities drawn from the Charity Commission Register of Charities 2021/22

## The Pilgrims' Friend Society Ask

Data collected from the latest Pilgrims' Friend Society supporter survey suggests that:

- 28.5% of people who pray for Pilgrims' Friend Society have already included Pilgrims' Friend Society in their will
- 8% of supporters who pray for Pilgrims' Friend Society would consider leaving a gift to Pilgrims' Friend Society in their will

In order that Pilgrims' Friend Society can provide accommodation to those who need it, not just to those who can afford it, if you haven't already done so, please consider taking the following action:

- Setting up a Standing Order and make a commitment to a lifetime of giving, by returning the gift form on p.32.
- Letting us know of your intention to leave a legacy pledge – by emailing [helen.rackham@pilgrimsfriend.org.uk](mailto:helen.rackham@pilgrimsfriend.org.uk)



*Please pray:*

Thank God for all the people who have pledged to leave legacies so far.



Could you leave a legacy to us?

To find out more, visit:

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



# My Story: Bé

As told to Helen McKay-Ferguson

Bé, 93, lives at Shottermill House, our home in Haslemere. She told us about growing up in Nazi-occupied Holland, working as a mother's help in England and meeting her husband (it wasn't love at first sight...)

"I was born in a little place in the north of Holland, Odoorn, and was one of nine children. It was normal in those days among the Dutch Reformed to have large families. We lived on a farm where the railway tracks went between the land and the house. My father went across the tracks to work.

"I was the fourth child and the only outgoing one. My father used to call me his 'butterfly'. Luckily, I had a friend, Annika, about seven houses away who was a bit more like me, we laughed a lot.

"During the war, we weren't told very much, which was good as we would have been frightened. My father had a radio hidden under the hay in the stables so he could listen to English stations. He was supposed to send produce to Germany but he never sent the right amount. At the very end of the war, my father's brother was shot. He had been part of the resistance helping Jews get food coupons illegally and put sugar in the soldiers' cars.

"At that time, the churches were full. People really cried out to God. My father was a church elder. I knew the catechism, that Jesus died for us on the cross, but as a child I didn't have a personal relationship with God – that came later.

"After school, I studied domestic science at a lovely Christian college. I then trained as a nurse at a Christian hospital in Rotterdam. It was a long journey and I hitchhiked there in the middle of the night – I wasn't at all afraid. There was a different mood in the country after the war. Everyone helped each other. Once, I was sitting in the back of a car and there were two boys up front. They changed seats while we were driving. They did it to frighten me but I was not frightened. I thought, 'how clever!'

"One day, I met a girl on a bus who had been a mother's help in England. She knew the family wanted another girl and I said, 'I'm interested!'. So off I went to England. It was a

lovely Christian family with three children. The mother was a doctor and the father worked for ICI.

"After that I moved to a different family who weren't Christians. The father was a barrister and he said to me, "Bé, you are an intelligent girl. You don't believe in all that rubbish about the Bible. I said, 'Yes, I do. Just as I believe water will come out of the tap, I believe the Bible is true.'

"I was part of the Dutch Reformed Church in London and met a fellow who was an organist and pianist. He reminded me of my brother closest to me in age. He took me all over London. One day he pinned me to the wall at Hammersmith Station and wanted to kiss me. I said 'no'. You know what happened? I heard a voice saying inside of me, 'This is the husband I have prepared for you.'

"Markus, who I called Max, and I married in 1959. We tried to have children but it didn't happen, so we adopted. Monica came first and two years later we adopted Andrew.

"In my working life, I was a nurse at Red Hill Hospital in Surrey and I did private nursing. My husband was an accountant. We lived in Three Bridges, Crawley and were part of the church there. Our home was always an open home and we had a lot of needy people come to stay.

"My husband died in September 2012. I lived independently until very recently. Then in June, I had a problem with my leg and I couldn't walk properly. I got over that but one



day in September my hands wouldn't work properly. I thought, 'Lord, what am I going to do?' He reminded me of someone I knew who was in a Christian care home – Shottermill House.

"He also put the hymn 'I Surrender All' into my mind. I said to Him 'but I have surrendered all'. He then spoke to me and said 'you haven't given up your flat' and then I realised that God had other things for me and I did give up everything and moved into the home.

**“It's been a big change but If I wake up and feel a bit down, I look at my cross on the wall and 'say Lord please help me over this.' I know He will take care of me.”**



Find out more about our bespoke Christian approach to care  
*The Way We Care:*  
[www.pilgrimsfriend.org.uk/thewaywecare](http://www.pilgrimsfriend.org.uk/thewaywecare)

## Gift FORM

...CONTINUED



### My details

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

Full Name .....

Address.....

..... Postcode .....

Telephone..... Email.....

### Gift Aid

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

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

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

For us to claim Gift Aid, it is essential that you complete the address section above.

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

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

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



*Don't forget*

You can also make a donation via our website. Please visit:

[www.pilgrimsfriend.org.uk/](http://www.pilgrimsfriend.org.uk/)  
**Easter2024**

We will keep your data secure, complying with Data Protection legislation. For full details of our Privacy Notice and General Data Protection Policy, please visit:  
[www.pilgrimsfriend.org.uk/privacy](http://www.pilgrimsfriend.org.uk/privacy)

Would you support our  
**Easter appeal**  
to support high quality care as  
we put our faith into practice?

**£28.61**

The average spend per person during the Easter period

**74%**

of Brits are likely to celebrate Easter in 2024

**£457.6 million**

The amount the UK spent on Easter eggs in 2023

Source: [www.finder.com/uk/easter-spending-statistics](http://www.finder.com/uk/easter-spending-statistics)  
Analysis conducted by finder.com



**Yes!** I would like to give a gift

*One-off gift*

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

**£28**    **£74**    **£457**    **£** .....

Amount in words: .....

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

*A regular gift*

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

To: (Name of bank/building society) .....

Address of bank .....

..... Postcode .....

Account No. .... Sort Code ..... / ..... / .....

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

£ ..... Amount in words: .....

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

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

 *Give online*

Can you give online, helping us to save on administration costs?

Visit: [www.pilgrimsfriend.org.uk/Easter2024](http://www.pilgrimsfriend.org.uk/Easter2024)



**CONTINUES OVERLEAF...**

# Contact details

**PILGRIMS' FRIEND SOCIETY**

Could you or a loved one come to live with us?

Please get in touch, details below. Each location also has its own page on our website:



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

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



**Carey Gardens, KIRBY MUXLOE**

0300 303 8455

[carey.gardens@pilgrimsfriend.org.uk](mailto:carey.gardens@pilgrimsfriend.org.uk)



**Dorothea Court, BEDFORD**

0300 303 1490

[dorothea@pilgrimsfriend.org.uk](mailto:dorothea@pilgrimsfriend.org.uk)



**Emmaus House, HARROGATE**

0300 303 8450

[emmaushouse@pilgrimsfriend.org.uk](mailto:emmaushouse@pilgrimsfriend.org.uk)



**Emmaus House, WHITEHAVEN**

01946 591362

[emmauscumbria@pilgrimsfriend.org.uk](mailto:emmauscumbria@pilgrimsfriend.org.uk)



**Evington Home, LEICESTER**

0300 303 1455

[evington@pilgrimsfriend.org.uk](mailto:evington@pilgrimsfriend.org.uk)



**Finborough Court, GREAT FINBOROUGH**

0300 303 1450

[finborough@pilgrimsfriend.org.uk](mailto:finborough@pilgrimsfriend.org.uk)



**Framland, WANTAGE**

0300 303 1470

[wantage@pilgrimsfriend.org.uk](mailto:wantage@pilgrimsfriend.org.uk)



**Homesdale Wanstead, LONDON**

0300 303 8485

[homesdale@pilgrimsfriend.org.uk](mailto:homesdale@pilgrimsfriend.org.uk)



**Koinonia Christian Care Home, WORTHING**

0300 303 8480

[koinonia@pilgrimsfriend.org.uk](mailto:koinonia@pilgrimsfriend.org.uk)



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

0300 303 1495

[luffhouse@pilgrimsfriend.org.uk](mailto:luffhouse@pilgrimsfriend.org.uk)



**Middlefields House, CHIPPENHAM**

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**Milward House, TUNBRIDGE WELLS**

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**Pilgrim Gardens, LEICESTER**

0300 303 8455

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**Royd Court, MIRFIELD**

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**Shottermill House, HASLEMERE**

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**Strathclyde House, SKELMORLIE**

0300 303 8465

[strathclyde@pilgrimsfriend.org.uk](mailto:strathclyde@pilgrimsfriend.org.uk)

Or contact our Support Office: ☎ 0300 303 1403 ✉ [info@pilgrimsfriend.org.uk](mailto:info@pilgrimsfriend.org.uk)