

THE PILGRIMS' magazine

WINTER 2018



- **Building for the future P4**
- **Powerful effects of Brain and Soul Boosting for Seniors P10**
- **98 year old 'Prayer Warrior' ministers to others using an iPad P26**





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



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



Pilgrims' Friend Society is a founder member of www.faithinlaterlife.org.

The Pilgrims' Magazine is published by Pilgrims' Friend Society twice each year.

It is available free of charge to all supporters of the Society.

Except where specified, all content is ©Copyright Pilgrims' Friend Society 2018

No part of its content may be reproduced in any form without written permission from the publishers.

Design and print: Yeomans Marketing

Pilgrims' Friend Society,
175 Tower Bridge Road,
London SE1 2AL

www.pilgrimsfriend.org.uk

t 0300 303 1400
info@pilgrimsfriend.org.uk

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

4 Building for the future
Unless the Lord Builds the House we Labour in Vain.

6 Our Listening Project
Listening to you, answering questions and sharing what we know.

8 Rising to the challenge in Yorkshire
Our Harrogate team take on the Yorkshire Three Peaks.

10 Powerful effects of Brain and Soul Boosting for Seniors
Building confidence, creating belonging, and encouraging faith.

12 Government funding luxury developments to keep the elderly out of care homes
With more purpose-built facilities planned, what does luxury housing really look like?

14 Finborough Court – A Home built on firm foundations
Celebrating 40 years of support in Suffolk.

15 What's good for your heart is good for your brain
A healthy heart can help prevent dementia.

16 Helping lonely Seniors
Why defeating loneliness is so important.

18 Why a Christian care home is not a dead end
Spiritual nurture leads to life abundantly.

19 Prayer calendar
A pull-out prayer calendar with daily prayer suggestions for the PFS family.

24 England's Social Care Funding Needs a Rethink
Social care funding in England is in crisis and urgent change is needed.

26 98 year old 'Prayer Warrior' ministers to others using emails and an iPad
Faith in Later Life is on a mission to empower older Christians and reach older people everywhere.

28 Lack of sleep in mid-life can affect the quality of later life
The importance of sleep, and tips that can help.

29 Churches and faith groups voluntary work worth £3.5 billion a year
How churches serving their communities are leading the way.

30 Hidden Ageism
Every day ageism is endemic, and it's not biblical.

31 Moses began at 80!
A Pastor's Review of What's Age Got To Do With It?

32 The Best New Year Resolution You Could Make
Why friendship, and church community is good for you.

33 60 Years of God's Providence at Leicester
Reflecting on decades God's goodness.

33 Dates for your diary
Join us at one of our forthcoming events!

Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh [but] in vain.

PSALM 127:1 (KING JAMES)

Building for the future

Unless the Lord Builds the House we Labour in Vain

Praising

God willing, 2018 will have been a watershed year for Pilgrims' Friend Society as we have heeded what we believe is His call to do more and do better for older people.

We praise God that for the first-time in several years we have been able to increase the numbers of people we can care for through the extension we completed at our Great Finborough Home and we rejoice that all but three of our homes have benefited from our new approach to Christian dementia care. "Faith in Later Life" (www.faithinlaterlife.org) has been launched and is starting to show its value as it inspires and equips churches to reach, serve and empower older people in the community.

But we sense that God is calling us to do even more.

Problem Solving

This year there have been an extraordinary number of reports issued trying to influence the government's (much delayed) consultation on the provision of

adult social care. One striking aspect of them has been the universal agreement that, unless something changes, this is a bad time to be growing old.

Age UK summed it up by describing the plight of a man called Ralph. Ralph's wife was taken into care but even though he was visited by the district nurse his need for care and company were missed to the point that one day he was found unconscious and rushed into hospital. He died soon thereafter.

The point of this story was that Ralph represents 500,000 people in similar circumstances living at home with significant care needs that are mostly unmet and that these are only a fraction of the 3.6m older people who live at home alone and lonely, facing death with no Christian hope.

Providing Solutions

That is why we believe the Lord is calling us to build in five ways:

- To raise the money to build new care homes so that people can come and make their home with us receiving all the Christian care and support that

they need to live fulfilled lives in frail older age. We have already purchased the land for our first new build for many years in Chippenham.

- Where we have homes and housing schemes, to develop them as significant resources for local churches so that we share what we have learned about being with older people with those who have caring and outreach ministries to people like Ralph.
- Making sure that our care and housing is increasingly available to Christian missionaries and workers who have no other options.
- To continue to invest in excellent family centered Christian dementia care.
- To do our utmost to help Faith in Later Life grow and develop as a strong and vigorous enabler of Christian work with older people.

We have talked about this in the past, but praise God it is now starting to happen.

The road ahead is not going to be straightforward, and difficult decisions are involved, but we have seen the Lord open doors for us in Chippenham and elsewhere and we are praying that our finances will allow us to build the new, more effective homes that we need.

Prayer and Partnership

We believe that our calling is to commit to building new homes so that from early 2021 we will have a new home



opening every other year, with every home being a godly catalyst for Christian care in their communities.

To that end we ask you to pray for us because this needs to be to God's glory and in His purposes. Please pray for guidance, pray for resources, and pray for wisdom, as we pray and plan, and please use the prayer guide in the central pages of this magazine.

Please also partner with us and think about giving regularly to help us care for people like Ralph within and without our homes. Please see the inside back cover for details as to how to support us in this way.

Finally, I want to thank all of you who already support the Society by praying and giving – we are very grateful, and thank God for your generosity.

Stephen Hammersley
Chief Executive

Our Listening Project

BY LOUISE MORSE

This year we have *listened* to nearly 2,000 people; answered questions and shared what we know about supporting older people, including those with dementia and their families.



We've spoken at five major Christian events, including the Keswick Convention in Cumbria, Christian Resources Exhibition (CRE) in Esher, Spring Harvest in Skegness, Minehead and Harrogate, New Wine in Shepton Mallet, and PRAMA, a regional conference organised by the PRAMA charity in Dorset. We've been invited to speak at churches in Plymouth, Sunbury on Thames, Chelmsford, Crowborough, Glossop, Nottingham, Oxford, Romford, Shrewsbury, Tredegar,

and Wantage. The largest audience was at Keswick, where nearly 800 people attended two sessions; the total altogether is higher than previous years – and doesn't include numbers for our Annual Conference in May.

We met more people at the two weeks of New Wine, where we had a stand, and 3 days at CRE. We answered questions, talked about our care homes and old age; listened as people shared their

experiences, sold our books and handed out information. This year was our busiest year at these events, too, and we reckon, conservatively, that we had around 300 meaningful conversations.

One of the most important things we take to our talks and conferences is the Evaluation Form for participants to complete. The forms are a rich source of research. As well as telling us if we have covered our subjects well they often reveal developments that are just emerging. For example, in one part of the country we discovered that social workers are not now including the needs of the caregiver when assessing a person with dementia. We are constantly amazed at their resilience and faith, and are deeply blessed when they tell us how our talks have helped them. Some say that their lives have been changed. We're also seeing churches recognising God's role for older people, and wanting to evangelize seniors as well as the young,

Who comes to our talks?

Everyone you can think of comes to our talks; social workers, occupational therapists, nurses, pastors and church workers, caregivers, people with early stage dementia, mothers and fathers, sons, daughters, and grandparents – everyone God brings. God knows what He's doing, insists Dr Jennifer Bute. After a particularly long drive we found fewer people at an event than the organiser had expected, but one was a Chaplain whose work involved people with dementia. She told us afterwards that she'd begun to find it depressing and had been thinking of giving up, but changed her mind after listening to us. Also, a retired pastor in his 80s, now with dementia, who came with his carer told us that he had been so encouraged he

now had the strength to carry on. Five years after a talk she'd given, Janet Jacob heard from a family who'd been able to continue caring for their mother at home as a result.

Topics we're asked to speak about

The introduction to our conference at Shrewsbury encapsulates much: it reads: 'The Scriptures show a wisdom-based culture, one where older people contribute from their experience and learning. This conference looks at bringing God's design into today's society, connecting people across all generations in our churches and communities.' Many people long, as we do, for churches where all members, young and old, freely use their talents for the purpose God intends, to encourage one another, to build up, to bring the Kingdom of God to earth. As part of this we talk about good pastoral care for older people, tackling loneliness in the church as well as in the community, supporting caregivers, understanding dementia (where is God in dementia? is one of our topics) and enabling and empowering our seniors. And, back to the comments on the Evaluation Forms – 'Inspirational,' 'good example of pastoral care for lay people,' 'the idea of being intentional in preparing for old age', 'everything brilliant,' 'thought-provoking', 'refreshing – we have a purpose!' 'useful, practical, well-focused' and 'this has changed my life!'

We have quite a full agenda but if you would like to consider a conference in your church, please email conference@pilgrimsfriend.org.uk or use the response slip on P.37 of the magazine.

Rising to the Challenge in Yorkshire

The Three Peaks challenge in Yorkshire is popular as a sponsored walk for raising money for charity. The peaks, Pen-y-Ghent, Wharfedale and Ingleborough, are part of the Pennine Range. They form a triangle with the river Ribble and two minor B roads between them. The walking route is circular, finishing at the start point, with a total walking distance of 39.2km (24.5 miles). The challenge is to do it in 12 hours.



When staff at our Emmaus Home in Harrogate Yorkshire wanted to raise £5000 to open a Day Centre in town that had been closed when the sponsoring charity withdrew, they decided to do the "Three Peaks Challenge". Home manager

Lesley Harris, and other stalwarts James Robinson, Natalie White, Sam Raw, Simon Strafford, Stephen Hammersley and Bob Featherstone did a little practice and set off from Pen-Y-Ghent Cafe, Horton in Ribblesdale, on 23rd September.



Sam Raw Before



Sam Raw After

In true professional style they were accompanied (on the road, not the mountains), by a well provisioned support car driven by home administrator Sharon Smith. Essential supplies were bottled water, bandages, cake, chocolate bars, crisps and flapjacks, and chef Richard had prepared a feast of sandwiches and sausage rolls.

Sharon remembered, 'One of the worst things was trying to boil the kettle on a stove at the first checkpoint at Ribbleshead. It's very bleak there and the wind kept blowing the stove out so eventually I had to balance the stove on top of the cool box inside my car boot – a very dodgy set up and much against my own mental risk assessment!

'It is tough, and I was amazed that all seven of them managed to finish the 24 miles! After the first peak Lesley had big blisters but carried on and they pushed and dragged each other to the end in the dark after 14 hours! We're so proud of them all and the money they've raised!

'They've made it clear they won't be heading back there again but already some of them are talking about what could be their challenge for next year.'

A week later Lesley's blisters were better, but her toe nails were still bruised black from the impact of the steep, slithery slope down. 'Some of the others had the same,' she said, 'but it was worth it!'

'It is tough, and I was amazed that all seven of them managed to finish the 24 miles!'



Sharon in the support car



Lesley Harris, Emmaus Manager

At the end of October sponsorship monies were still coming in, and Sharon was asking people who had pledged sponsorship to send their amounts to her at Emmaus House.

Powerful effects of Brain and Soul Boosting for Seniors

At a quick glance, our Brain and Soul Boosting for Seniors (BSBS) workbooks seems like a pleasant activity, but it's much more than that. Used properly the sessions provide powerful cognitive stimulation. They also build confidence and self esteem, create a sense of belonging and, importantly, strengthen Christians' spirituality. They can be used superficially, as an activity, but people like Sally Trigg and Jo Dunne, who have been running the sessions in their church for over a year found that sticking to the guidelines and format help to achieve what it says on the cover – it boosts brains and souls.

Sally and Jo demonstrated a BSBS session at our conference on 6th October in Nottingham. With six volunteers from the audience they ran a session with a gardening theme. The theme was introduced with a news item about a guerilla gardener, a man who secretly planted flowers and shrubs in waste places to make the areas more attractive. The practical activity was planting seedlings in pots, while they talked gardens, including their own and what they meant to them. This was followed with some Scripture readings about gardens, and a discussion about how they cultivated the garden of the mind. Did they recognise weeds, such as sinful thoughts and unforgiveness? Did they enrich the soil with the Word of

God? The session ended with prayer, and a request to bring items to share during the next session. As they stepped down there was warm applause from the audience. A typical response was from a woman who said, 'I came here today looking for something for our older people – and this is it! I am inspired!'



Sally Trigg and Jo Dunne, Stapleford Baptist Church

The key benefits of BSBS are:

- a) it draws people into a relationship with one another,
- b) as people contribute and listen to one another, individuals' value is 'affirmed',
- c) Each session has a Christian theme and central principle,
- d) Each session is structured in a way that the principle in question is recognised in life in general, for example, justice and fairness, kindness, speaking the truth, being on a journey, things that are precious,
- e) The Scripture relating to that principle is read, and discussed, *(d) and e) enable participants to build on what they know – which is the best way of learning)*
- f) Learning in relationship with another builds cognitive strength.

There are evaluation forms at the end of the book for charting participants' cognitive, spiritual and emotional progress.

Key practices that MUST BE observed for BSBS to work properly are:

- 1) The structure of the session must be followed. It isn't a teaching class, or a nice social gathering (though it's fun)! It works at a deeper level.
- 2) It should be held in a place with no distractions – preferably the SAME place. It's not a good idea to hold a group in a garden when it's normally held indoors.



Session in progress

- 3) People need to be gathered around a table (two light trestle tables can be put together): not just to do the 'craft work' but because there is a sense of 'togetherness' when people are gathered around a table.
- 4) It works best in a small group, of say, 8 with dementia and 10 without dementia.

In Manchester, Debs Fidler, who heads up Silver Cord, a charity befriending lonely older people, says that her group is finding that all themes in BSBS are good for evangelizing. She finds that the structure that leads into the topic, and engaging people is particularly helpful. She and her team take BSBS into housing and care homes with good results.



BSBS session display

Government funding luxury developments to keep elderly out of care homes

It's been clear for some time that the government doesn't want to fund people for residential care. Instead, it prefers to provide domiciliary care, that is, social care in individual's own homes in the community.



'Elderly should be housed in luxury developments with spas to keep them out of care homes,' topped a story about the government's intention to see traditional care homes increasingly replaced by luxury developments with spas, hairdressers and beauty salons in a bid to keep older people independent for longer.¹ There will be an investment of £76 million each year for the next three years for new homes specially designed for those who are frail, elderly or suffering from disabilities. Housing developers will be able to bid for funds, from the programme which has already seen £315 million allocated to projects which design such homes. So far, 3,300 specially designed new homes have been built following previous bidding rounds.

'One scheme in Manchester is using the funds to develop 135 flats for the elderly which have onsite facilities including a spa, beauty salon and a bistro. The plans also include dementia-friendly design, landscaped sensory gardens and communal function rooms', said the report. People have their own front door, but with support on hand and assistive technology, such as sensors and video monitoring to track the most vulnerable. The Manchester project, developed by Wythenshawe Community Housing Group – which offers flats for sale, rent or shared ownership – is a prime example of the kind of housing which should be rolled out more widely, said Caroline Dinenege, Care Minister.

Pilgrims' Friend Society (PFS) has had schemes like this for a number of years. Pilgrim Gardens, in Leicester won a clutch of awards in its first year (2012) for its design and environmental innovations, and attracted so many visiting housing experts, including

¹<https://www.telegraph.co.uk/news/2018/08/13/elderly-should-housed-luxury-developments-spas-keep-care-homes/>



government advisors, that the manager was thinking of charging for her time. Most importantly – people love living there. You can take the tour, here – www.pilgrimsfriend.org.uk/pilgrim-gardens.

And Royd Court, our 58 apartment scheme in Yorkshire, has a thriving community that also benefits the wider community with, among other things, its Friendship café and involvement in 'Mirfield in Bloom'. The real luxury for residents in our housing (and in our care homes) is that they are living in a caring, Christian environment. It's like a scent of Heaven, from the moment you step through the door. 'I feel secure living here,' said a resident of Pilgrim Gardens. 'I can't find the words for the support I received from everyone living here when my wife was ill,' said a man at Royd Court. 'It's like being on holiday the whole time,' said another, 'you feel that the pressure is off.' I think it would be great if we had schemes like these in every county in the country.

So the government is thinking along the right lines, even if it's not seeing the whole picture. And while we may not benefit from its investment pot, we know that we can look to the One who 'owns the cattle on 1000 hills' (Psalm 50:10) and more.

If you would like more information about our specialist retirement housing schemes, please call **0300 303 1403** or visit www.pilgrimsfriend.org.uk.

Finborough court – A Home built on firm foundations

On 17 October 2018 a Finborough Court Thanksgiving Service took place to mark the 40th anniversary of the founding of the East Anglia Auxiliary and the life of the home. The site for the new home was bought in 1981, and 12 bungalows and a house for a warden and a meeting room were built, opening in May 1983.

The Finborough Court project began with a meeting at Bethesda Church, in Stowmarket, on Wednesday 6th December, 1978, with 100 people from churches in the Suffolk/Essex area. It had been organised by Pastor Nigel Lacey, of Stowmarket Baptist Church. Those present at the meeting asked, 'Why shouldn't we appoint officers and a committee right away?' So a new Auxiliary was born, and Nigel Lacey became its first secretary. 'He threw himself into the work with great enthusiasm and the first committee meeting took place in Ipswich quite promptly. Nigel was to prove himself an efficient secretary and a very wise man as he steered and coaxed us along,' recalls supporter Philip Grist. Within five years the site had been obtained and the bungalows built.



Stone laying Thanksgiving Service
May 1982

Fundraising continued, but building costs were rising and the home itself wasn't built until 1993. At its opening in 1994, Chairman John Doggett observed that God's hand could be seen in the delay. New legislation and social work practice were radically altering patterns of care of the elderly, and had the home been built in the early 1980s, as was at first hoped, by 1994 it would have needed extensive remodelling and improvement to meet new requirements. The home opened on 18th June, 1994, free of debt. To God be the glory!

Also celebrated in October was the new Ormonde House wing, which extends the Home's capacity to 32 residents, thanks to the generosity of The Ormonde House Trust.

What's good for your heart is good for your brain

A French studyⁱ that followed 6,626 people age 65 or older for an average of eight and a half years found that those who stuck to recommendations for healthy cardiovascular health were 10% less likely to develop mild cognitive impairment or dementia.

At the start of the study no one was diagnosed with dementia: during the study 745 people – about 11%, developed the disease.

Study leader Cecilia Samieri of the University of Bordeaux and the INSERM population health research centre in Bordeaux is a senior Researcher in Epidemiology of Ageing and Cognitive Function. She said, "Importantly, while achieving the seven cardiovascular health factors at optimal levels is certainly the ideal target, this study shows that any additional factor at optimal level decreases the risk of dementia."

Even when people didn't hit optimal targets for cardiovascular health, they could still benefit from the attempt. "From a pragmatic and public health perspective, promoting change in cardiovascular health from poor to intermediate levels may be more achievable and have a greater population-level effect than the more challenging change from poor to optimal levels," Ms Samieri said. The recommendations were by the American Heart Association (AHA) for optimal cardiovascular health. They

were not smoking; regularly exercising; routinely eating fish, fruits, and vegetables; avoiding excess weight; and maintaining healthy blood pressure, blood sugar and cholesterol levels. Researchers found that with each additional heart-healthy recommendation they met, participants were 10% less likely to develop dementia.

The importance of promoting cardiovascular health was also highlighted in a study led by Rebecca Gottesman, a professor of neurology at Johns Hopkins University in Baltimore, MD. It was published in *JAMA Neurology*.

Dr. Walter J. Koroshetz, director of the National Institute of Neurological Disorders and Stroke, which is part of the National Institutes of Health (NIH) said that the study supported the importance of controlling vascular risk factors like high blood pressure early in life in an effort to prevent dementia as we age.ⁱⁱ

The Dementia International Alliance recently published its world Alzheimer's report. (www.alz.co.uk/research/WorldAlzheimerReport2018.pdf?2) When it comes to research for a cure it carries a mixed message, with Professor Bart de Strooper, director of the dementia research Institute at UCL and eight other European centres saying that research needed to take more than one approach. Also mentioned in the report is Dr Jennifer Bute, whose book, written with Louise Morse, is now available for purchase.

ⁱ <https://bit.ly/2MrWRdh>, <https://bit.ly/2vZcsH6> and <https://bit.ly/2LfKbke>

ⁱⁱ <https://www.medicalnewstoday.com/articles/318831.php>

Helping Lonely Seniors

You've probably heard the story of the man walking along a beach in the evening, picking up stranded crabs and throwing them back into the water. Hundreds of crabs were stranded every evening on this beach. Seeing him, another man asked him why he did it – wasn't it a waste of time? 'Not for that one!' the rescuer answered, hurling another one into the sea, 'it's made all the difference for him!'

Many older people feel like the beached crabs – stranded and alone, out of the swim of things. It's a sign of a good civilization that people live longer. But life changes as you age, and a sad fact is that many older people lose their peer group as their friends die before them. Often their families have moved away for work, or (increasingly among the older generation) they have no children to keep them company in old age. A report by Age UK says that over 3.6 million older people in the UK live alone, of whom more than 2 million are 75 or over. 1.47 million pensioners believe they have little control over their lives, and nearly a million, 936,000, say their life rarely or never has any meaning.ⁱ It's been exacerbated by cuts in funding to local authorities that have led to them closing facilities such as Day Centres, and Meals on Wheels.

'The report also noted an improvement in wellbeing and mental health of patients who took up the offer of social prescribing'

Prolonged loneliness is associated with depression, poor social support, neuroticism, and introversion, hardening of the arteries and inflammation in the body and brain, and a doubling of the risk of developing dementia. 'Loneliness disrupts the regulation of cellular processes deep within the body, predisposing us to premature ageing,' said Dr John Cacioppo, a leading American psychologist specialising in old age.ⁱⁱ Aware of the cost of supporting elderly people with illnesses, especially dementia, the government has appointed a Minister for Loneliness.

Social Prescribing

Part of the newly published strategy is 'social prescribing', where GPs can refer pensioners to social activities,

such as gardening or cookery clubs. One of the first major evaluations of the programme, whereby GPs signpost patients to non-medical services, showed that for each £1 invested into the scheme there was a £6.00 saving. This was largely because of GP visits and A&E emergency admissions among people who tend to seek help frequently from the health service by 21% and 23% respectively. The report also noted an improvement in wellbeing and mental health of patients who took up the offer of social prescribing.

Delivering kindness with the post

An initiative called "Safe and Connected," will see our postmen check on people as they deliver the mail and ask a few questions to those willing to answer them. In a five minute chat, the postman can check if they've taken their medication and if there's anything else they need. Information can be logged on to their standard hand-held work pad, and when the responses have been reviewed (by a local authority or charity) if the resident seems to need help, he or she will be connected to local community agencies, including, hopefully, churches that have registered their activities with them. Charities and churches are doing great work to alleviate loneliness, with community outreach and a host of activities. The Cinnamon Network, a Trust that makes grants to churches for community projects, found that the value of their work last year amounted to £3.5 billion.

'Safe and Connected' is fashioned after a Jersey-based program, "Call and Check," that is now being replicated in Finland and Iceland. Postal workers undergo enhanced police checks and receive basic first aid training before taking part in the scheme.

In the UK trials will take place in Liverpool, Whitby in North Yorkshire, and New Malden in the London borough of Kingston-upon-Thames, with an independent evaluation filed around June 2019.

Alexa Enlisted

Local authorities are also trying technology. Amazon's Alexa digital assistant is being tried in some pensioners' homes to monitor their wellbeing and see if they like being able to talk to it. Hampshire Council tried it earlier this year with 50 people with disabilities, and 72 percent said that it had improved their quality of life.

Looking after the lonely in church

Feelings of loneliness are not always caused by isolation. Many people enjoy living on their own. For loneliness is subjective: it is feeling different and not connected, even when surrounded by others. In its report, Age UK noted that many of those who had said their lives never had any meaning had a very poor view of themselves, and in its booklet on Connecting Communities and Tackling Loneliness, the Church Urban Fund says that a hindrance for some is that they have the wrong view of others. Even regular church-goers will avoid staying for coffee after church because they find it difficult to interact with others. They are also less likely to talk to others.

One of our workshops for churches is on Tackling Loneliness. It has been developed by Louise Morse MA, a cognitive behavioural therapist, and Janet Jacob, a former psychogeriatric nurse and care home manager. If you would like to know more about it, email louise.morse@pilgrimsfriend.org.uk

ⁱ<https://www.express.co.uk/life-style/life/935270/pensioners-depressed-mental-health-retirement-life-pointless-lonely>

ⁱⁱ<http://centerforanxiety disorders.com/loneliness/>



Why a Christian care home is not a Dead End

By Louise Morse

A letter published recently in 'Evangelicals Now' magazine suggested that older Christians should not choose to go into a Christian care home, but instead opt for a secular care home where they can be a witness for Christ to others who do not know the Lord. I replied, saying that spiritual support for older Christians was vital at that stage in their lives.

In my mind was the example of a dear, gentle lady in one of our small homes in the North that closed. Residents were offered places in our other homes, as well as in a local Brethren home, but a couple chose to move to secular homes so they could remain local, for different reasons. Visiting one of them with a supporter a few months later was a saddening experience. She had been a well known children's evangelist, using a ventriloquist's dummy called Jimmy, and had been told not to speak about Jesus to the other residents. When she stayed in her room playing Christian music, she had to keep the door firmly shut. Someone I knew in a care home in Wales sadly missed the Christian input from her TV 'God' channels, and her eyesight was too poor to read her Christian books and her Bible. On one occasion, when her illness depressed her, she told one of the carers that she wished she could just go Home, to be with the Lord. The carer saw it as a reflection on the care given in the Home, and told her sharply not to talk like that again. On subsequent visits,

she would speak about spiritual things to me in a whisper.

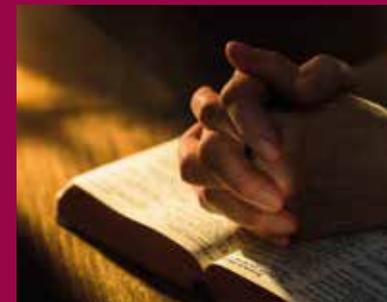
When my reply was printed in 'Evangelical Now', it was positioned beneath a large picture of a road leading to a cemetery in Syria, with a big signpost saying, 'Dead End'. The picture referred to another letter in the column alongside, but at a quick glance the 'Dead End' seemed to be part of the heading of my letter, so it read 'Dead End, Christian Care Homes.'

It was unintentional of course, but it set me thinking of how untrue it was. Our homes are far from being a 'dead end' for our residents. A former surgeon and missionary in our Evington home, Dr Ben Walkey, told me that the home was a 'marshalling yard to Glory.' It's where we give spiritual support and encouragement to fellow believers who will eventually, like the rest of us, step out of their 'earthly tents' into the sunlit uplands of Heaven. Not a dead end, a living beginning!

Prayer Calendar

DECEMBER 2018 – JUNE 2019

'In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith – more precious than gold that perishes though it is tested by fire – may be found to result in praise and glory and honour at the revelation of Jesus Christ.' 1 Peter 1:6-7



A Prayer of Thanksgiving

Over the last six months we have been praying both specifically and generally. We have had some challenges, members of staff leaving but also arriving, some staff suffering with serious illness, or themselves suffering bereavement. And we have seen some who lived in our Homes going to glory, which brings mixed emotions for those who love them. Amidst daily life we nevertheless know we have so much to be thankful for, and so we have seen many answers to prayer. May we all, day by day, humbly enter into His presence with thanksgiving. Specifically, we thank our Lord God for:

- Continued progress in planning for our new Home in Chippenham; and our appointment of an Engagement Officer, to work with churches in the area.
- Additional "good" inspections by the Care Quality Commission (CQC) meaning every inspection this year has been "good".
- Increased occupancy across more of our Homes/Schemes.
- Significant growth in the "Faith in Later Life" initiative (www.faithinlaterlife.org) which Pilgrims' Friend Society launched last year, working with other Christian charities.
- For those encouraged and impacted positively by the conferences and seminars we have held.

How to use this prayer guide

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

Leadership

- That they will be led by the Lord and always seek Him first
- For a gracious approach and firm resolve to tackling challenging issues
- For the managers of our Homes and Schemes – for wisdom, discernment and energy.

Colleagues and volunteers

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

Churches

- For strong and fruitful relationships with our Homes/Schemes to be forged
- That our Homes/Schemes may be a beacon showing how to value older saints and support fulfilled living (Psalm 92 v 14)
- That through the “Faith in Later Life” initiative, we may encourage churches in serving and empowering their older members and reaching older people in their wider communities.

Kingdom life in our homes

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

Families and Relatives

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

Most importantly, please pray as the Lord guides you, as we lift up those who live and work in our Homes/Schemes, as well as for our wider employees and our supporters and volunteers, and the Society more generally. We will continue to send out the ongoing “Family Prayer” newsletter and will also be sending out a further prayer newsletter in the Spring which will contain updates and fresh prayer requests. God bless you!

Sundays

Bethany Christian Home, Plymouth – Manager Emma Hughes

Brighton Home – Managers: Sue Jones and Bob Hill

The Trustees – that they may guide the Society according to the Lord’s leading

For Church leaders you know and their responsibilities for older members

For “Faith in Later Life” – that this will be a powerful movement that encourages older people, helps reduce loneliness and brings more older people into a transforming knowledge of God’s good news of salvation (www.faithinlaterlife.org)

Mondays

Dorothea Court, Bedford – Manager: Evangelia Olszanski and Acting Manager Ruth Broomhall

Emmaus House, Harrogate – Manager: Lesley Harris

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

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

Praise and thanks for the gift of the Lord Jesus

Tuesdays

Milward House, Tunbridge Wells – Acting Manager: Julie Wickens

Pilgrim Gardens, Leicester – Manager: Mandy Smith

For the Finance team led by Adrian Bray

Churches holding community activities for older people – that they may know the love of Christ

For the HR and Payroll team led by Phil Wainwright

Wednesdays

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

Finborough Court, Stowmarket

Managers: Rachel Fishburne, Claire Cates and Sylvia Humm

Pray for the Property Services Team led by Andy Walsh – particularly for planning work around our new site in Chippenham

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

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

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

Thursdays

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

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

For the Operations team led by Maureen Sim, as they lead and support Home/Scheme managers and keep PFS safe and compliant

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

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

Fridays

Florence House, Peterborough – Manager: Philip Smith

Framland, Wantage – Manager: Beth Kneale

For the Engagement Team led by Carl Knightly – as they reach out to our supporters, churches, people at seminars, conferences and exhibitions, and in support of our volunteers who serve faithfully

For people using “Brain and Soul Boosting” fellowship group resources, that people will find friendship with others and come to know the Lord Jesus

Saturdays

Royd Court, Mirfield –
Manager: Vicki Miller

Pilgrim Care, Mirfield –
Manager: Georgina Lansdell

Shottermill House, Haslemere –
Managers Vicki Burrows and Marie Brown

For people you know living with dementia and their carers

For people you know leading worship in care home settings

For church fellowships that we have trained, the Lord will expand their work and bless them

For our Homes Review project – prayerfully considering the best way forward in updating our Homes/ Schemes where needed

That God would work mightily through older people for His glory

Living and Caring in the light of eternity

As we continue to strive to provide “Fulfilled Living” for older people living in our Homes and Schemes, let us persist in prayer for the LORD to bring people of His choosing to fill the vacant roles in our Residential Homes and Retirement Schemes.

Please pray also for more Christians to hear the calling to care for the elderly and be drawn to our advertisements looking for local staff.

Pray also that those staff who join us will settle into our PFS family and will flourish as they serve the elderly pilgrims living with us. For those who do not yet know the LORD, may their hearts be moved by the presence of the Holy Spirit and the witness of Christians (staff and residents) they work alongside every day.

‘What gain has the worker from his toil? I have seen the business that God has given to the children of man to be busy with. He has made everything beautiful in its time. Also, He has put eternity into man’s heart, yet so that he cannot find out what God has done from the beginning to the end. I perceived that there is nothing better for them than to be joyful and to do good as long as they live; also, that everyone should eat and drink and take pleasure in all his toil – this is God’s gift to man’. Ecclesiastes 3 : 9-13 (ESV)

Dementia from the Inside



‘A ‘must read’ ... it delivers exceptional insight and practical instruction and a wake-up call to radical Christian rethinking,’

– Professor Cameron G Swift
King’s College School of Medicine

Hope in Dementia is a theme that Pilgrims’ Friend Society has championed and knows a lot about.

We care for over 400 older people in our homes and housing schemes, and over a decade ago we started to see an increase in the numbers of people living with dementia and the significant distress that this was causing families, not just because of the disease but also because the disease was not well understood and often misunderstood.

We thank God that we have been able to help people understand this disease from a Christian perspective, primarily through the ground-breaking books, guidance and conferences authored and delivered by Louise Morse, but also through people like Dr Jennifer Bute, who has made significant contributions to our training and informing work.

Dementia is complex. It is a physical disease of the brain but also responds to and is influenced by the relationships that people have (or don’t have). It affects the way people think and behave in many ways, but has no effect on their status before God who loves them no less and ministers no less through His Holy Spirit. Jennifer’s story “Dementia from the Inside” is so important because she understands this disease as a doctor, a Christian and a person living with the disease.

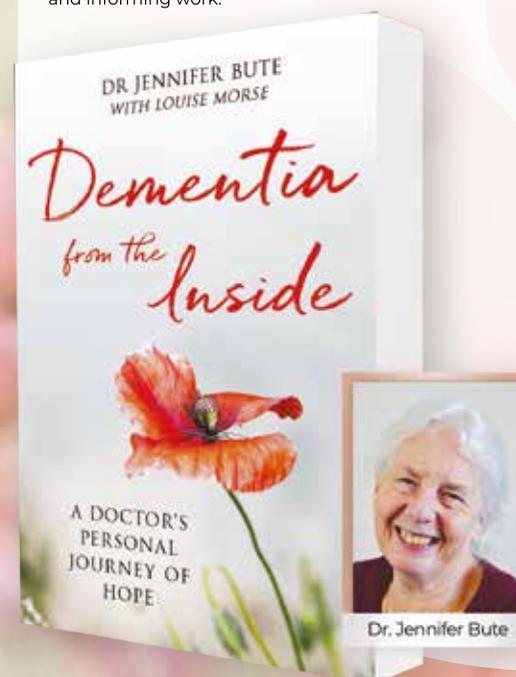
This uniquely equips Jennifer to bring hope to people living with dementia and their families and to encourage everyone else to get alongside people living with dementia, to value them, learn from them and help them.

In this book, Jennifer gives practical direction to people coping with dementia, using real life stories as ‘case studies’.

Purchase your copy at:
www.pilgrimsfriend.org.uk
or call 0300 303 1403

If you want to be kept informed and pray for the wider work of Pilgrims’ Friend Society, please consider signing-up for our newsletters and magazine when you order your book!

Scan the code below:



England's Social Care Funding Needs a Rethink

More than half of UK taxpayers would agree to pay more National Insurance for "more and better social care" and 54% would sacrifice more income tax, according to a survey by a national newspaper¹. And many more were concerned about how they would be cared for, should they need it when they are older.

They are right to be concerned. A study commissioned by Age UK found that the means test and eligibility criteria for care funding in England is the harshest amongst developed countries in the world. In this country, individuals and their families are more likely than those in other countries to pay large care bills, and many are unable to get care at all. Researchers for Age UK looked at the funding and effectiveness of social care in developed countries with similar falling birth rates and ageing populations.

Successive governments have ducked reform, leaving England "the poor man of Europe" for social care, the report says. Germany, Japan and France, Spain and Italy all do better. They each provide some basic support to elderly people regardless of wealth, and use a flexible means test or limit total costs. France had the most progressive social care system, funded by national insurance. Germany's system was the best funded, paid for by an income tax levy of 2.55%, of which half is paid by employers.

Proposals to introduce similar charges have been introduced by Sir David Behan,

who has just taken up a role as a non-executive director for HC-One, Britain's largest care home operator after stepping down from the Care Quality Commission in July after 40 years working in social services and health. He urged ministers to be brave in their forthcoming green paper on social care and introduce a tax on employees today as well as taking equity from pensioners' homes to cover the cost of care in later life. He says that measures to dock workers' pay should allow the younger generation some time to "accumulate their assets and get on the housing ladder", mentioning the system in Japan, where premiums begin to be taken from the age of 40.

Experts believe that the lack of social care is responsible for the rising death rate among the elderly. In 2017 there were 27,000 'extra' deaths, a rise of 5.4% mainly among elderly women. The figures began rising since 2013 after funding was slashed in 2012. It also results in more than 1,000 'avoidable admissions' of elderly to hospitals with minor conditions such as ear-nose-throat infections, urinary tract infections, angina, etc., which could have been avoided had they had help at

home. Each week around 8,500 older patients are stuck in NHS hospitals, when they could go home, if there were a care package for them.

The Association of Directors of Adult Social Care analysed the costs and found that the average cost of residential care is £91.10 per day, which is £221.90 cheaper than an excess bed day in hospital. The cost of delivering the 2016/17 excess bed days in hospital was £ 253,847,069. If these had been provided through residential care, that cost would have been significantly less at £73,883,284. The figures speak for themselves, yet the government seems to be ideologically opposed to social funding of care for older people. Early in October, health Minister Matt Hancock announced a cash injection of £240m emergency funding for social care this winter to ease pressure on the NHS. The extra £240 million will be allocated to councils to spend on measures including housing adaptations and care packages. The money could buy 71,500 domestic care packages or 86,500 "reablement" packages. Councils have said they need more long-term funding.

A long promised 'green paper' laying out a strategy for social care funding is due before Christmas, but in the meantime, Mr Hancock is looking to tackle the challenge with strategies that prevent, rather than cure. In November he said that taxpayers have a role to play in taking pressure off the National Health Service by adopting healthy lifestyles. Public health England will target health advice to people living in areas known to have high rates

of unhealthy habits and will also look at "harnessing digital technology" as a form of "predictive prevention" to target people in regions prone to poor diet and bad drinking habits. Speaking to the International Association of National Public Health Institutes early November, Mr Hancock said that stopping people slipping into poor health will become a fundamental focus of a long-term plan for the health service. 'It isn't about penalising people,' he said, "It's about helping them make better choices, giving them all the support we can, because we know taking the tough decisions is never easy."

It's the kind of preventative scheme the government is rolling out with and 'social prescribing.' (See page 24) The good news is that healthy lifestyles, particularly taking exercise have a hugely beneficial effects on older people. If the targeting initiative is successful, not only will they be healthier, but they will also have more positive outlooks. And with the minimum of fanfare, churches in these regions are already providing social events within a Christian context. All in all, there is a sense that we will see positive change.



¹<https://www.mirror.co.uk/news/politics/more-half-brits-prepared-pay-13534624>



98-year old 'Prayer Warrior' ministers to others using emails and an iPad

There are more than **11.8 million people aged 65 and over in the UK, with this figure projected to rise in the next 17 years to over 16 million. Of this group, 40 per cent say the television is their main company, with more than 1 million older people admitting that they always, or often, feel lonely.**

It seems that older people are so easily forgotten by society, written off as they are deemed unable to make a contribution in their later years. But this isn't true. Psalm 92:13-14 tells us: "...they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green".

Betty is a prime example of an older person flourishing in God's service and still bearing fruit. Asked by her local church to come up to the front to share a bit about her ministry, Betty, **aged 98**, said that whilst she couldn't do much physically anymore, she was someone who prayed. Unbeknown to many in the congregation, she had been praying for her church, and people inside and outside the church, for 17 years. Betty humbly revealed how she regularly sought prayer requests from people by sending emails from her iPad.

On a mission to hear more stories like Betty's, **Faith in Later Life** (www.faithinlaterlife.org) was established last year by a group of Christian charities that have been engaging and sharing the gospel with older people for hundreds of years (Pilgrims' Friend Society, London City Mission, The Salvation Army, Keychange, and Mission Care), to enable individual Christians and churches to reach, serve and empower older people in every community. Faith in Later Life is also keen to shine a light on the gifts and wisdom that older Christians have, often built up over a lifetime of following Jesus.

As a Society, if we start to re-examine our assumptions about older people, we can gain so much. At the end of a recent 'Seniors afternoon' session at a church, it was uplifting to hear a member of the church say how revitalised she felt, having woken that morning questioning her usefulness.

It's been exciting to see Faith in Later Life grow over the last year. We recently launched a national network of 'church champions', people in their church who want to share what we do, encourage Seniors' ministry, or just stay updated with how we are seeking to bring together activity in this area, across churches everywhere. What a great encouragement it was to hear from an 81 year old who wanted to become a 'Church champion' because "she had a passion for helping the old people" in her church.

We envision a Society where Christians are leading the change and reaching out to older people everywhere; and starting by serving and affirming the older members of their congregations, but also empowering them, recognising all the gifts and wisdom they have, as well as the faith that has guided them throughout their lives.

To view the resources, activities directory and all that Faith in Later Life has to offer, go to www.faithinlaterlife.org

Lack of sleep in mid-life can affect the quality of later life

The writer of Psalm 127 knew what he was writing about. 'In vain you rise early and stay up late, toiling for bread to eat – for He gives sleep to His beloved.' Now centuries later researchers are discovering the same truth.



Work-hard, play-hard adults who do not get enough sleep when they are middle aged could end up with depression when they are older, according to new research. A lack of sleep – both in terms of quality and quantity – will come back to haunt them later in life, say researchers at the Ohio Northern University Research.ⁱ The study, presented at an international conference of sleep experts in Washington in October, found that a lack of sleep is often down to worry and anxiety, which seems to be stating the obvious. A long article in The Telegraph lists the benefits of sleep – see footnoteⁱⁱ, and an even longer one, in the Business Insiderⁱⁱⁱ, lists enough horrors to keep you awake worrying about them.

There are dozens of tips for a good night's sleep, including keeping regular sleep patterns, not eating or drinking alcohol late at night, wind down and relax, avoid day-time naps, don't concentrate on the clock, don't have iPads or laptops or other lit screens in your bedroom. If you have breathing problems, see your doctor.

But here is a technique pioneered by Harvard-trained holistic health doctor Andrew Weil. It's called the 4-7-8 technique and is gloriously simple.

Lightly touch the ridge of tissue behind your top front teeth with your tongue, exhale completely, and then adopt the following breathing pattern:

- Breathe in through your nose quietly for a count of 4
- Hold your breath for a count of seven
- Blow air out through your mouth for a count of 8, making a 'whoosh' sound
- Repeat the process three more times

Dr Weil says the technique is a powerful method of falling asleep because it delivers more oxygen than normal breathing to the parasympathetic nervous system, which becomes overstimulated during times of stress. Regular counting also helps to distract the mind from the issues of the day that it can carry to bed, and prevent you sleeping.

ⁱ <https://www.sciencedaily.com/releases/2015/06/150608120231.htm>

ⁱⁱ <https://www.telegraph.co.uk/news/health/11372907/Why-lack-of-sleep-is-bad-for-your-health.html>

ⁱⁱⁱ <http://uk.businessinsider.com/sleep-deprivation-effects-on-your-body-brain-2018-8/#heart-disease-risk-rises-with-sleep-deprivation-8>

Churches and faith groups voluntary work worth £3.5 billion a year

Over a million people aged 75 and over have no-one to share a meal with and eat alone most of the time, says a study by Bournemouth University's Ageing and Dementia Research Centre. Many say they lose their appetites as a result.

Caroline Abrahams, charity director at Age UK says it is heart breaking, 'since for most of us enjoying a meal in the company of others is one of the simple pleasures in life.'ⁱ It's widely known that feelings of loneliness are as detrimental to health as smoking 15 cigarettes a day.

Yet there would be millions more were it not for thousands of churches stepping into the gaps left by social funding cuts. The value of their voluntary work is £3 billion, (2017/2018) according

to research published by the Cinnamon Network In May this year.ⁱⁱ A similar survey in 2015ⁱⁱⁱ showed that if the value of the buildings and equipment used was taken into account, the figure is higher, at £3.5 billion, around 0.4% of the government's total planned public spend (2015/2016) of £743 billion. Faith volunteers are running lunch clubs, day centres, crafts and special interest groups, dementia cafes, support groups for carers, including 'Afters' Clubs' for those resocialising after years of solitary caring, befriending services and more.

ⁱ <https://www.express.co.uk/life-style/life/1000975/one-million-pensioners-summer-eating-every-meal-alone>

ⁱⁱ <https://www.cinnamonnetwork.co.uk/wp-content/uploads/2017/09/CFAA17-National-Report-update.pdf>

ⁱⁱⁱ <https://www.inspiremagazine.org.uk/stories/view?articleid=1698>

Easyfundraising

If you're still buying Christmas gifts you can raise money for funds without it costing you a penny! Simply go to the Easyfundraising website, www.easyfundraising.org.uk, enter the name Pilgrim Homes in the dialogue box, and from there click

on the list of options below. So far, this easy to use scheme has raised £1,979.78 from just 102 supporters.



Hidden Ageism

Scotland is to introduce a hate crime law to protect older people. 'Age hostility' will be treated by the courts in future as an 'aggravating factor'. Someone who comments on a person's age before, during, or after an assault or other crime could face a harsher sentence. Similar laws exist in other countries, including parts of the USA, Japan and Israel.

In England, the Royal Society for Public Health (RSPH) is calling for action to tackle ageist attitudes and to undo the media clichés that promote them. The RSPH says the cosmetics and beauty industry should stop using the term 'anti-ageing' in its products, and that Facebook should include age as a protected characteristic in its community standards on hate speech.

Ageism generates a harmful view of older people. The term was coined in the late 1960s by Professor Rob Butler, as he observed the baby-boomers' opposition to traditional societal values, which had included respect for seniors. As a result, ageism has been subtly absorbed by everyone in the Western world for decades. Older people can be badly affected by it. In a recent study, Age UK found that nearly 1 million older people felt they were of no value to anyone and their lives weren't living. Another 2 million were also affected, but not to the same extent.

It's because we have unconsciously made being young the default of what is preferred, what is positive – and 'old' the default of what is negative, says Tracey Gendron, professor in

the Department for gerontology at Virginia Commonwealth University. She challenges well-meaning people who describe an older adult as '79 years young' to consider what they really mean – that the person is energetic, healthy, lively, vital or engaged.

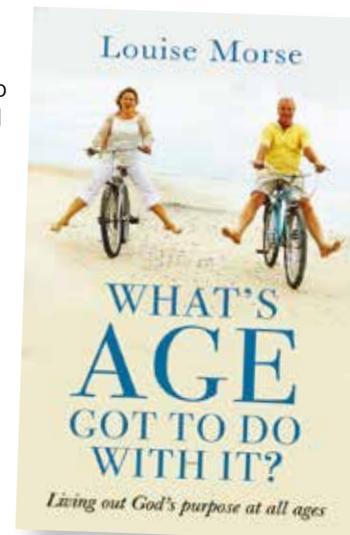
'Ageism as unacceptable now as racism or sexism', began an article in the 'I', followed by paragraphs speaking against it. But then journalist Simon Kelner, wrote, 'It is a young person's world, and that is exactly as it should be ...we live in a world where youth culture is dominant to the point of hegemony... nothing wrong with that.'

On the contrary, God designed life for people of all ages, in balance with one another. In the Scriptures we see a culture where the peak of achievement was wisdom. Wisdom and age were related, because wisdom comes from experience. 'Is not wisdom found among the aged? Does not long life bring understanding?' asked Job (Job 12:12). But today, the peak of society is youth, even among Christians who have the Scriptural pattern to hand. The challenge is to recognise our own ageist thinking and make the Biblical standard our default.

MOSES BEGAN AT 80! What's Age Got To Do With It?

A review, by Revd Peter M. Mawson, Trinity Baptist Church, Tenterden, Kent
(First published in *Evangelicals Now*, April 2018).

I reached 70 years of age in December! Personally, I wasn't too happy to be reminded that I've made it to my eighth decade. However, one of my birthday cards, most of which were rather gently sarcastic, did encourage me when it said: "you're not 70, your 18 with 52 years of experience." As I'm still in full-time pastoral ministry this was perhaps the message I needed to hear?



Writing from years of experience and study, drawing on a wealth of biblical passages and anecdotal situations, and quoting a huge array of secular as well as Christian experts, she exposes the fact that not only as a nation have we got things wrong, but the church doesn't do very well in this area either!

I found this book not only an engaging read but also a challenge to my thinking as a church leader. Louise points

Wrong perspective

We are being continually reminded that in this country we have an increasingly ageing population, and there is more than a hint that older people are becoming a burden on the national purse and a burden to individual families. How refreshing it is to read Louise Morse's book! Louise works for the Pilgrims' Friends Society but she is also a journalist and has a degree in psychology. She writes with a deep passion for her subject, that God has a rich plan for us or even in old age. Hooray!

out how easily we sideline our older folk, ignoring their vast experience and learned wisdom. We do so to the detriment of our churches and the discouragement of those who deserve our respect and care.

Of course, there are many negative issues regarding the elderly and Louise has written about these elsewhere. In this book, she presents us with a balanced and heart-warming approach to the demanding and important subject of old age. If you want to get into this subject, then start here.

The Best New Year Resolution You Could Make

The best New Year's resolution you could make right now, according to research by Harvard Medical School, is to strengthen your social relationships. Being involved with others, spending time with them, talking, sharing and so on affects our long-term health in ways as powerful as having enough sleep, a good diet, and not smoking. Study after study shows that people who have satisfying relationships with family, friends and people in their community are happier and have fewer health problems than others. Conversely, a relative lack of social ties is associated with depression and later-life cognitive decline, as well as with increased mortality.ⁱ

They tend to live longer too. How does this work? Researchers are investigating the biological and behavioural factors that account for this, and one line of research suggests that socialising reduces levels of stress. It also stimulates neuronal activity in our brains. Robin Dunbar, Professor of evolutionary psychology at Oxford University, who has been studying how societies work for over 20 years said in a talk at the Hay Science Festival in 2016 that we could forget about diet or alcohol: 'The one thing that leads to a long life is staying socially connected.' A large Swedish study of people aged 75 and over found that dementia risk was lowest in those with 'satisfying contacts' with others.ⁱⁱ

Regular church going has even stronger benefits, according to researchers at Vanderbilt University in Nashville, Tennessee, especially for middle aged men and women. It reduces reduce their risk of dying by 50%. Marino Bruce, a social and behavioural scientist who led the study said that those who did not attend church at all were twice as likely to die prematurely than those who did.

The Harvard study also found that actively *caring*, that is, volunteering and giving social support in the form of offers of help or advice, to expressions of affection enhanced the benefits greatly. The more you volunteer, the happier you are, according to researchers at the London School of Economics, who studied the relationship between volunteering and measures of happiness in a large group of American adults. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Voluntary work also benefits our mental health, said the website for the National Council For Voluntary Organisations.

In summary – to live longer, with better mental health and less stress – become a volunteer! To find out about volunteering with the Pilgrims' Friend Society, visit our website, www.pilgrimsfriend.org.uk, or email info@pilgrimsfriend.org.uk

ⁱ <https://www.health.harvard.edu/special-health-reports/living-better-living-longer-the-secrets-of-healthy-aging>

ⁱⁱ <https://academic.oup.com/aje/article/155/12/1081/123155>

60 years of God's Providence at Leicester

Mandy Smith, Manager at Pilgrim Gardens

Just over five years ago the first residents moved into Pilgrims' Friend Society's newly built, award winning retirement living complex, Pilgrim Gardens, in Evington, Leicester.



To make way for these 31 independent living flats for retired Christians, the bungalows that previously existed on the site, had to be demolished.

After this building work was complete it seemed all evidence of the Society's previous bungalows in Leicester, (not just in Evington but in Clarendon Park too), had disappeared- until a current Pilgrim Gardens resident, Lesley Hart, found a plaque in the undergrowth near her new flat evidencing the provision from the Aged Pilgrims' Friends Society in Leicester 60 years ago!

The residents felt the plaque had a poignancy, telling of God's goodness through history, and felt that it should be mounted. As with all "new builds" lots of other urgent jobs took priority over mounting the plaque, so it stood

for five years leaned up against the side of the building, until Lesley, approaching her 80th Birthday, decided she wanted to donate the funds to mount the plaque as a legacy of God's providence to her, during her 80 years. The plaque was finally mounted in October 2018, 60 years after it was first unveiled. Derek Steward who was a resident in the bungalows and is now a resident at Pilgrim Gardens believes God guided him here when his needs were great, and encouraged by Revelation 3:7, he says that God has remained faithful to him during his 18 years here and appreciates the Christian community that we have. It is my prayer that God's providence will continue to be evident here by (in the words of Psalm 68) the lonely being set in families, the weary being refreshed, widows being defended, and the poor being provided for.

Pilgrim Gardens is a complex of one and two bedroomed flats to lease or rent. If you are interested in finding out more about living here please contact Mandy Smith 0300 303 8455.

Dates for your Diary

2018 December

Saturday 8th December 9.30 – 11.30am

Christmas Fayre

'Framland', Naldertown, Wantage OX12 9DL

Saturday 8th December 10.00am -12.30pm

"Care-full to the End" – talks for the church and older people (Louise Morse)

All Saints, Little Shelford, 29 Church Street, Little Shelford, Cambridge CB22 5HG

Friday, 14th December 2018 starting 10.00am

Christmas Coffee Morning

23, Hillson Close, Marston Moretaine, Bedford MK43 0QN

Friday, 14th December 2018 Starting at 6.30pm

Carol Service

Evington Home, Grocot Road, Evington, Leicester LE5 6AB

Wednesday 19th December starting at 3.30pm

Carol service, followed by a buffet tea

'Framland', Naldertown, Wantage OX12 9DL

Thursday, 20th December Starting at 6.30 pm.

Carol Service

Shottermill House, 14 Liphook Road, Haslemere GU27 1NX

2019 February

Friday, 8th February – Monday, 11th February 2019

Association of Christian Councillors (ACC) Conference

Hayes Conference Centre, Hayes Lane, Swanwick, Alfreton DE55 1AU

Louise Morse speaking on 'Pastoral Care of Older People'

on Friday & Saturday (9-10 February).

March

Saturday, 9th March Starting at 7.00pm

Quiz Night Christ Church 117 Denmark Street, Bedford, MK40 3TJ

Saturday, 9th March starting at 8.30am

Ladies Breakfast Meeting

St. Leonard's Church, 18A Church Street, Seaford BN25 1HG

"Key things to know about Dementia" – Dr. Jennifer Bute and Louise Morse.

Tuesday, March 12 2:00pm – **Thursday, March 14** 1:00pm

New Wine Leadership Conference Leicester – PFS exhibiting

Holy Trinity, Upper King Street, Leicester LE1 6XF

Wednesday & Thursday, 13-14 March

Christian Resources Exhibition (CRE) Manchester – PFS exhibiting

Event City, Phoenix Way Off, Barton Dock Road, Stretford, Manchester M41 7TB

Saturday, 23rd March at 3pm

Annual thanksgiving Service

Milward House, 6 Madeira Park, Tunbridge Wells, Kent TN2 5SZ

April

Saturday, 6th April 6th Starting 10.00am (to be confirmed)

Coffee morning and cake stall

Shottermill House, 14 Liphook Road, Haslemere GU27 1NX

Further information from Jill Bald 01730 892704. All welcome.

Tuesday, 9th April – Friday, 19th April inclusive

Spring Harvest Conventions (Minehead & Skegness) – PFS exhibiting

Thursday, 11 April Starting at 7.30pm

Easter Praise at Occold Village Hall

Occold, Eye IP23 7PL (located on the village Playing Field behind The Beaconsfield Arms). Speaker: Robert Powell

Saturday, 13th April Starting at 3.30pm

Annual Thanksgiving Service

followed by refreshments. Again all welcome

May

Saturday, 11 May 10.00am – 4.00pm (Doors open at 9.00am)

PFS Annual Meeting & Conference

All Nations Centre, 10 Frog Island, Leicester LE3 5AG

[More details on Page 36 of the magazine]

July

Saturday, 13 July 2.00pm

Sponsored Walk along Felixstowe Promenade

Further information from Keith Reeve (01449 675443)

Annual Meeting & Conference

Saturday, 11th May 2019

All Nations Centre, 10 Frog Island, Leicester LE3 5AG
10.00am - 4.00pm (doors open 9:00am)



'FIRM FOUNDATIONS FOR LATER LIFE'

Equipping and inspiring churches for ministry with older people



All Welcome! Limited numbers so BOOK early.

Confirmed speakers:

- Prof. John Wyatt (*Professor of Ethics at UCL and Author*)
- Dr. Jennifer Bute (*retired GP & founder of gloriousopportunity.org*)
- Louise Morse (*Cognitive Behavioral Therapist & Author*)
- Rev. Roger Hitchings (*Theologian & Speaker*)
- Janet Jacob (*retired Psychogeriatric Nurse & Speaker*)
- Debs Fidler (*Church Community Worker & founder of 'Silver Cord Befriending Service'*)



Registration Fee **£5.00**, including Lunch & Car Parking.
Book online at conference.pilgrimsfriend.org.uk
Or call us to reserve your place on **0300 303 1403**

Scan here to book online now!

Response Slip

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

Yes! I would like to help.

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

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

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Name of Church (if applicable): _____

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

Your details:

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

STANDING ORDER FORM

To: (name of your bank) _____

Bank Address: _____

Sort code: ____ / ____ / ____ Account number:

--	--	--	--	--	--	--

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

(write the amount in words below): _____

commencing (date) _____ Year: _____

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

Signed: _____ Date: _____

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

VISA Mastercard Switch With a single payment of £ _____

Amount in words: _____

Card number: _____

Expiry date: _____

Name on the card: _____

GIFT AID DECLARATION

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

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

Signed _____ Date _____

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

Full name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

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

Contact details



BEDFORD

0300 303 1490

dorothea@pilgrimsfriend.org.uk



BRIGHTON

0300 303 1440

brighton@pilgrimsfriend.org.uk



CHIPPENHAM

0300 303 1445

chippenham@pilgrimsfriend.org.uk



GT FINBOROUGH

0300 303 1450

finborough@pilgrimsfriend.org.uk



GT FINBOROUGH HOUSING

0300 303 1453

finboroughhousing@pilgrimsfriend.org.uk



HARROGATE

0300 303 8450

emmaushouse@pilgrimsfriend.org.uk



HASLEMERE

0300 303 1475

shottermill@pilgrimsfriend.org.uk



LEICESTER

0300 303 1455

evington@pilgrimsfriend.org.uk



LEICESTER

Pilgrim Gardens

0300 303 8455

pilgrim.gardens@pilgrimsfriend.org.uk



MIRFIELD

0300 303 1480

roydcourt@pilgrimsfriend.org.uk



PETERBOROUGH

0300 303 8445

florencehouse@pilgrimsfriend.org.uk



PLYMOUTH

0300 303 8440

bethanyhome@pilgrimsfriend.org.uk



TUNBRIDGE WELLS

0300 303 1460

milward@pilgrimsfriend.org.uk



WALTON-ON-THE-NAZE

0300 303 1495

luffhouse@pilgrimsfriend.org.uk



WANTAGE

0300 303 1470

wantage@pilgrimsfriend.org.uk

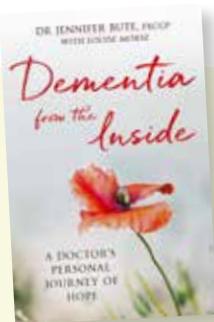


CHRISTIANS FOR OLDER PEOPLE

www.pilgrimsfriend.org.uk

CHRISTIAN RESOURCES

For the Wellbeing Of Older People



Dementia from the Inside

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

£9.00 (p&p free)

Dementia Information Pack

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

£8.00 (p&p free)

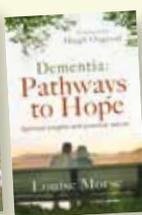
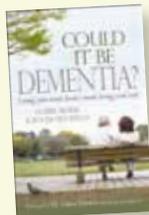
Download FREE the individual fact sheets from this pack at:

www.pilgrimsfriend.org.uk/fact-sheets



Books

£8.50 each (p&p free)



£8.50 (p&p free)



£7.00 (p&p free)

Booklets

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



£3.00 each (p&p free) Also available to download FREE

www.pilgrimsfriend.org.uk/brochures-and-publications

Brain & Soul Boosting Workbook



£20.00
(p&p free)

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