

Focus on Older People Information Bulletin No.25

November 2008



The Sheffield Centre
Church Army's Research Unit

Nothing to fear from an Ageing Society!

In 20 years time half the population will be over 50, bringing new challenge – but many benefits to all argues Sarah Harper Professor of Gerontology at Oxford and director of the Oxford Institute of ageing in THE TIMES on Tuesday August 26, 2008-09-29.

The key points made by Sarah are:

- That population ageing is a global challenge when in every country the old will outnumber the young.
- The main cause is falling fertility rates
- Longevity is increasing
- This will affect the demographic structure of society; the way we work, public services and health care, benefit systems, family life, patterns of consumption, provision of housing and transport and even education systems.
- The labour market will change – the UK will no longer be able to depend on young immigrants.
- One employer, early promotion and early retirement will be replaced by flexible working and frequent employment moves and regular retraining. Lifelong learning and education will become the norm.
- UK traders targeting the younger generation will be replaced by more age segregated shopping areas

- Multi-generational families providing care support for both young and old but will become more complex especially in the realm of passing on assets.

Sarah continues to argue that mature societies should not fear because they will provide an age-integrated flexible workforce, increased communication between generations, age equality and political stability. The older population will be valued and needed members of society.



Sarah can be found online at:
www.ageing.ox.ac.uk/people/sarah-harper

Inside this issue

News	2
Resources	3
Conferences/Seminars/Workshops	4
Meaning of life in older age	4
Your Letters	5

Population Statistics

Average Age of Population Grows

Recent National Statistics show that in mid-2007 the resident population of the UK was 60,975,000. The average age was 39 years a rise of 2 years since 1997. Those people who have reached retirement age now represent 1 in 5 of the total population the same as those under 16 years.

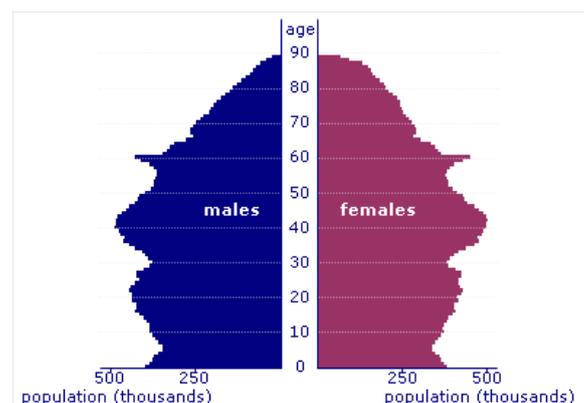
Up to the age of 72, the number of males and females are fairly equal. From the age of 73 onwards, females begin to outnumber their male counterparts. This reflects the higher life expectancy of women and higher mortality of men.

In addition to increased life expectancy, another factor increasing the ageing bulge is the fact that the baby boomer generation of the 1960s are now entering retirement age. Women born during the peak years immediately after World War Two have now reached

retirement age (60). Men born during the same period will reach retirement age in 2012 (at age 65 years)

Population Estimates - UK population grows to 60,975,000

See www.statistics.gov.uk/ci/nugget.asp?ID=6



News

Engaging Older People in Community

This is an Help the Aged report showing that councils often fail to meet older people's needs and rarely seek their views on issues that affect them. *Forgotten Voices* stresses the importance of engaging older people in the community (see my *Discovering Faith in Later Life No 7*). It makes some positive suggestions about effective ways that councils could involve older people more in the decision making processes that affect them especially in developing appropriate services and calls for a greater recognition of the volunteering work done by older people in communities.

Forgotten voices: engaged communities and active citizenship.

Tel: 020 7278 1114 (Help the Aged)

see <http://policy.helptheaged.org.uk/policy/default.htm>

Mensheds Australia welcomes new CEO

Mensheds Australia announces the appointment of the new CEO Russell Workman.



"Russell has extensive community and corporate experience working with the Salvation Army, managing crisis centres, and in the banking and finance sectors, advising on responsible business solutions.

He is one of the Australia's leading corporate social responsibility, social enterprise, and climate change consultants. He recently attended the United Nations climate Change Summit as a guest of the world Business Council for Sustainability, and was a member to the Australian Banking Associations climate change action group. He has a Bachelor Degree in Social Work from the University of New South Wales. Russell immigrated to Australia as an Electrical Mechanic from Scotland in May 1992, and proudly became an Australian Citizen in May 1994"



Since my report on Mensheds, 14 more new member sheds have joined this exciting project reaching newly retired men seeking a new meaning for their lives. It looks like men everywhere are taking up the call to get

involved in this valuable community project seeking to help both young and old to deepen their faith. The sheds create a place for men to get together, not only for spiritual fellowship but to engage in community projects.

For more info log on to www.mensheds.com.au

Tesco Charity Trust - Support for the Elderly and/or People with Disabilities (UK)

Tesco Charity Trust has announced that the next funding round for projects supporting the elderly and/or people with disabilities will begin on 1st August 2008. Voluntary groups can apply for grants of between £1,000 and

£4,000 through the Tesco Charity's Community Awards, whose core work is supporting elderly people and people with disabilities. The Tesco Charity Trust has been in existence since 1987 and aims to provide approximately £600,000 in grants each year. The types of projects supported in the past have included; befriending schemes; luncheon clubs; specialist equipment for disabled people; and day trips/social trips - for elderly / disabled people, etc.

(Source: The Churches Regional Commission e-bulletin 1 Aug 2008)

Suicide Rate still high for people over 80

The suicide rate for people aged 80 and over is higher than for the general population and yet according to latest reports older people are not a priority group in suicide prevention strategies. There is a prevalence of depression among older people but the vast majority do not get any support or treatment.

Age concern is calling for action to encourage older people with depression to seek help, to receive the correct diagnosis when they do visit their GP, and to have access to all treatments known to be effective.



See *National suicide prevention strategy for England: annual report 2007* Tel: 0113 254 5127. Helpful website pages on the subject can be found at:

www.nimhe.csip.org.uk/ and

www.ageconcern.org.uk/

Grandparents Take Centre Stage

If you are a grandparent like me and take your grandchild on holidays, outings and other events, even to the seaside for the day a substantial number of children are being accompanied by their grandparents their own parents conspicuous by their absence. This is increasingly the case for the daily school run and trips to the local nursery.

Dr. D. Ross Campbell has written a *New World User's Guide*, providing vitally important advice for grand-parents who are often left to pick up the pieces following family breakdown – and broken hearts. Also a book called *How to Really Love your Grandchild*, available at www.amazon.com.

Christian Press (formerly The Chronicle Christian Newspaper) reported on 1st Sept 2008 for instance that nearly 2.5 million households in the USA are raising their grandchildren. Recent media reports in the UK say that increasing numbers of grandparents are helping their adult children with their finances.

Resources

Leveson Paper Number Eighteen

Celebrating Age in Worship - Suggestions and Resources

Are you planning a service for or about older people? Do you want suggestions for hymns, prayers and readings (biblical and non-biblical)? Would you find it useful to have three addresses on ageing by distinguished speakers?

If so, this publication could be exactly what you need.

At its core are three addresses given at services in celebration of age by Richard Harries, then Bishop of Oxford, Ronald Blythe, well-known author and columnist for *The Church Times*, and John Sentamu, then Bishop of Birmingham. These suggest themes that can be taken up when celebrating age in worship as well as providing a fund of useful quotations and illustrations.

This paper costs £4.00 including postage and packing. Orders enclosing a cheque payable to The Foundation of Lady Katherine Leveson should be sent to the address below. Alternatively copies can be ordered on line using a credit card on their website www.levesoncentre.org.uk.

The Leveson Centre, Temple Balsall, Knowle, Solihull, West Midlands, B93 0AL.

From PARCHE

50 Services of Christian Worship for us in Care Homes

This is a much needed and welcome resource providing worship ideas for use with older people that could be adapted for use in other settings not necessarily restricted to care homes. The contents provide a comprehensive list of service themes divided into four main sections:

- Main Celebrations
- Seasonal Themes

More News

Older People and Technology

Have a look at this YouTube video clip:

www.youtube.com/watch?v=YRjUjAkXbTA

It was posted by Ofcom's Consumer Panel which shows a selection of older people talking about their

- Biblical Themes
- Other Themes

Very helpful tips are given for worship leaders at the front of the resource with a list of hymns suitable for care homes including Christmas Carols. Each of the service outlines can be tailored or adapted to local situations beginning with a suggested simple visual aid to fit the theme.

Other resources from PARCHE and other agencies are listed in the back of the book. Selling at £4.99.

The book in a limited first edition is available at £4.

Contact details: St Elisabeth's Church, 268 Victoria Drive, Eastbourne, BN20 8QX.

Tel: 01323 438527

www.parche.org.uk

Email: parcheenquiries@hotmail.co.uk

Charity No. 1094445.

Senior Alpha

The introduction says that there are over half a million people living in... care and nursing homes in the UK and introduces the vision and practicalities of sharing the good news about Jesus.

"The vision of Senior Alpha is to give every person living in sheltered accommodation or a residential care home in the UK an opportunity to attend an Alpha course in their home, and to hear the good news about Jesus Christ".

The brochure goes on to explain how Senior Alpha is different from the standard version. For more information please see their website: <http://uk.alpha.org/senior>

Tel: 0845 644 7544

Email: senior@alpha.org



experiences of technology, including digital television and the internet. In the clip, the panel broadly categorises the experiences as those of 'absorbers of technology', 'self starters', 'rejecters' or the 'disengaged'.

A Mission-shaped Church for Older People? Wrestling with the Issues

Tuesday November 18th 2008. 12noon - 4.30pm, Wilson Carlile Campus, Sheffield.

To provide an opportunity to explore further ways in which we can resource our mission and service to and with older people. Time for pooling ideas, networking with other practitioners and grappling together with the challenging questions that mission to older people presents us with.

For more detail, please contact Claire Dalpra at c.dalpra@sheffieldcentre.org.uk

Conferences/Seminars/Workshops

A conference from PSALM

Legal Issues

Monday 24th November 2008, 11am-3.30pm (coffee etc from 10.30am) at St Pancras Church House, 1 Lancing Street, London, NW1 1NA. Cost £10 (£8 for PSALM members).

A PSALM seminar to look at a variety of legal matters including: enduring/lasting power of attorney, wills and codicils, advice on nursing and residential homes fees, probate and inheritance tax. With Susan J Midha.

Susan is widely recognised as an expert in her field, having broadcast on radio and television and written for a number of publications including The Sunday Times and the Financial Times. Susan is a member of Solicitors for the Elderly and was awarded the first President's Award for her work in this area. Susan is also a Reader in the Church of England.

PSALM Contact Details:

Postal address:

PSALM
The Gallery
St Pancras Church
Euston Road
London
NW1 2BA

Tel: 020 7388 5658

e-mail: PSALM@stpancraschurch.org

Website: www.stpancraschurch.org

Old Age: Wasteland or Harvest Field

A one day conference chaired by the Rt Revd Brian Smith, Bishop of Edinburgh and organised by ACTS in collaboration with the Church in Society Committee of the Scottish Episcopal Church and Faith in Older People (FIOP)

Wednesday 29th October

9.45am to 3.45pm

The Gillis Centre
100 Strathearn Road
Edinburgh
EH9 1BB

For further information and registration form email: tom-moyes@acts-scotland.org

OUTLOOK NATIONAL CONFERENCE 23 – 26 JUNE 2009: 'DREAMING DREAMS'

Held at Kings Park, Northampton

Keynote speaker:

Rt Revd Michael Hill, Bishop of Bristol

Other Speakers & Worship Leader:

Marilyn Baker and Tracy Williams, Revd Geoff Waters, Associate Minister (Third Age), NSM Curate at St Giles, Northampton.

The cost per person is £185 For further details and booking form Email: admin@outlook.trus.org.uk Tel: 01494 485222

Meaning of Life in Older Age



Contrary to popular belief some recent research has revealed that most older people have meaning to their lives. Influenced by Viktor Frankl, James Crumbaugh and Leonard Mahholic published a psychometric test designed to measure the meaning or meaninglessness of life in a *Manual of Instructions for the Purpose in Life Test* published in 1969.

The Purpose in Life (PIL) test was sent to a sample of people ages 60 and over in the USA. The results revealed that 63% of the subjects that completed the test indicated that their life had definite purpose and meaning and 32% fell into the indecisive category. The remaining 5% felt that their lives has no meaning. People in the higher age range (73-95) scored significantly higher than

those in the lower age group (60-72).

These findings support the argument that people approaching retirement and recently retired go through a period of transition to determine their purpose in life in seeking to replace work as their primary source of life and meaning; **an important factor to consider in our mission strategies in reaching and engaging this age cohort.**

The test also revealed that the values held by older people were; family, spiritual need, good health, helping others and self-reliance

For information see *Ageing, Spirituality and Well-being* Ed by Albert Jewell Published by Jessica Kingsley 1988.

Your Letters

Michael

Thanks for this [IBULL NO.24] - as always. The article on the importance of grandparents was very good (especially with regard to the studies in Harlem).

I have always felt that my daughters are very lucky to have their grandmothers close at hand, when so many extended families are now spread far and wide. They get to spend time with either/both at least once a week, thus their grandmothers have played a huge part in raising them and will continue to do so.

Rich

Hello Mike,

Just read your piece in the prayer diary, especially about grandparenting, and wondered if it might be helpful to pass on details of a website about grandparenting that I'm promoting in the Mothers' Union magazine:
www.grannynet.co.uk

Andrew

Hi,

Thought you might be interested in news of a brand new website which aims to support grandparents who look after their grandchildren. With grandparents now providing some form of childcare service for over 80% of the children in the UK - this new site, www.grannynet.co.uk, has been launched to stand up for and support these unsung heroes of the childcare system with the creation of the first ever Grandparent's Charter.

This Charter is encouraging grandparents to have their say - the Charter will be formulated from an on-line survey conducted among grandparents and will be tackling some of the bigger issues surrounding the care of their grandchildren.

It is free to subscribe and we are keen to get as many Grannies to log on and give us their opinion on what can be quite a challenging issue.

Do let me know if you need anything else. Best,

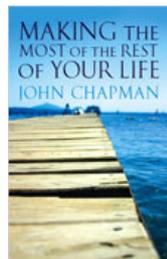
Susan

 Welcome to ...
grannynet.co.uk

Books

Recommended by OUTLOOK Trust:
Making the Most of the Rest of your Life

John Chapman the author at the age of 76 asks the question, "if there is life after death, is it possible to make the most of it"? He follows this with a second question, 'is it possible to prepare for that life, or is it totally a matter of chance'?



You can purchase this book at:

www.matthiasmedia.com

www.thegoodbook.co.uk and

www.wesleyowen.com

The Sheffield Centre Church Army's Research Unit



Mike with the Sheffield Centre team, January 2008.

Mike is on the left, then Andrew Wooding, Laurence Keith, Claire Dalpra, George Lings and Steve Hollinghurst.

Michael Collyer CA

Researcher: Older People

Exploring evangelism, spiritual needs
and fresh expressions of church among older people

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