

Focus on Older People Information Bulletin No.21

January 2008



The Sheffield Centre
Church Army's Research Unit

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Potential evangelistic resource material suitable for Seniors

The following resource ideas have come to my attention over recent months. Readers may find some of this material useful in meeting the spiritual needs of the older people they work with.

~ *The Isaiah Vision: An Ecumenical Strategy for Congregational Evangelism* - Raymond Fung. Ish. 65 v20 ff.

~ Theology through films and books e.g. conspiracy theories e.g. *Who Killed JFK & The Da Vinci Code*.

~ Senior *Alpha* Course combining some kind of meal together is attractive to the de-churched SAGA generation, visual presentation is appealing.

~ CPAS *Start* Basic Christianity, 6 week course, makes good use of images. Also,

Essence Course by Rob Frost with CD using material from Christian Mystics, enables people to share their experiences e.g. though 'time line' using modern rosary that people can make for themselves.

~ *Emmaus* bible study course is ideal for small groups and for Baptism preparation where grandparents are involved. Church House Publishing

~ Having fun type quizzes.

~ OUTLOOK Trust also provide resources see their web site www.outlook-trust.org.uk
Email: admin@outlook-trust.org.uk

For more information on any of these please get in touch with me at:

m.collyer@churcharmy.org.uk

Ideas for follow-up to Holiday at Home

In response to a request though this bulletin for 'Ideas for follow-up to Holiday at Home' the following was received.

After our first Holiday at Home we held a 'follow up' a couple of months later showing a DVD on the activities held at the Holiday at Home. We also provided a light lunch.

At Christmas we invited the folk to a Christmas party which included a 2 course Christmas lunch and games plus a Christian 'Thought for the Day'. At this event we asked folk to fill in a questionnaire, and to tick what their preferences would be for a 'follow up'. Amongst other things a monthly get together was requested.

The name we chose for our Holiday at Home was 'Rendezvous' because we wanted a name that appealed to seniors in the community as well as in the church. So 'First Rendezvous' was born which is held on the first Thursday of every month.

We meet from 1.00pm - 3.30pm when everyone enjoys a light lunch of homemade soup and French roll and a sweet. This is followed every other month by a speaker on a range of topics that interest seniors followed by a Christian 'Thought for the day', tea/coffee and board games. On the alternate months we have the lunch and 'Thought for the day' followed by quizzes, carpet bowls, board games etc. [£2 is charged to cover costs].

Our attendance is between 40-60 and about a third to half of those attending come from the community. Ages range from 50 upwards, with most in the 65 upwards range.

I have a very good hard working committee of 7 seniors who meet pretty regularly for prayer and planning. We are always looking out for fresh ideas and acting on them. We try to keep in contact with those who are ill or absent for other reasons.

We have found an outing is very popular and of course the Christmas party.

We continue to have the annual 'Holiday at Home' for three days in August... We cater for middle class and working class seniors and the different activities attract different people.

Most of the leaders of the activities are people in the church. We try to have a range covering both male and female but a number of our seniors are female.

...you will see from our literature our aim is to have fun, food, friendship and a deepening faith in God.

Hope you find this helpful. Do get into contact if more information is needed.

Nanette Sanderson (Tel: 01246 231115)



Information & Services

Mental Capacity Act: new banking guide

A brief guide is available from British Bankers Association (BBA) to the various legal ways in which people might be able to manage the finances of somebody who lacks the capacity to do so themselves.

Banking for people who lack capacity to make decisions
Tel: 020 7216 8800 (BBA)
Website: www.bba.org.uk

Life expectancy figures for small areas.

Data from the Office for National Statistics (ONS) gives life expectancy for each of the wards in England and Wales based on the 2001 Census.

Figures for men and women are presented separately where the populations were large enough to produce meaningful results. The tables are accompanied by a report which includes notes on the data.

Life expectancy at birth for wards in England and Wales 1999-2003:
Website: www.statistics.gov.uk

Pet-friendly care homes

Yes they do exist! In a former Church Army Care Home, Holly Bush Lodge, had a cat called 'Charmy' jointly looked after by the 29 residents! Fortunately the cat showed no interest in the homes Budgerigar!

The Cinnamon Trust according to Age Concern's latest bulletin assists older people and their pets. It has recently produced a directory of pet-friendly care homes in England, Wales and Scotland. Homes visited by a Cinnamon Trust volunteers have been awarded a star rating.

Pet Friendly Care Homes
Tel: 01736 757900 (Cinnamon Trust)
Website: www.cinnamon.org.uk



Online Communities for Older People

SeniorNet: Bringing Wisdom to the Information Age (www.seniornet.org) is one of the first online communities for older people. SeniorNet participants enjoyed "an opportunity to meet people with similar interests and to share not only information, but also communication on emotional and social issues that are particularly relevant to older adults"

Participants in SeniorNet groups report that other group members often served as "surrogate

family" that made it easier to discuss some sensitive topics with their friends on SeniorNet than with close friends or family members e.g. caring for a spouse where they could receive moral support, encouragement and sympathy.

Although SeniorNet is one of the more popular web site/ chat rooms there are others such as:

- ~ Worldwide Seniors: www.wwseniors.com
- ~ Baby Boomer Bistro: www.babyboomerbistro.org.uk
- ~ AARP: www.aarp.org

These web sites and others offer researchers access to large numbers of older people.

Handyperson services: Care and Repair leaflet

Care and Repair England has published a leaflet promoting the value of handyperson services. The leaflet, which had input from handyperson providers Age Concern, Help the Aged, and Foundations, explains:

- ~ Why handyperson services are important
- ~ The range of services being provided; and
- ~ Key elements to consider when planning, commissioning and delivering handyperson services.

The missing link: helping older people with small home repairs and adaptations.

Tel: 0115 950 6500 (Care and Repair)
www.careandrepair-england.org.uk

Courses & Articles

Faith in Older People (FiOP)

Faith in older people aims to celebrate the lives of older people and to support the spiritual care of older people and their families. FiOP develops a range of courses which are offered generally or can be tailored to the specific needs of each group in terms of number of sessions and particular context.

A one day course on Spirituality and Aging is planned for mid-February 2008. For further details please contact FiOP on:

Tel: 0131 346 7981

Email: Info@fiop.org.uk web site

Website: www.faithinolderpeople.org.uk

Is aging synonymous with illness and death?

This is the assumption made by our ageist society. Shocking news reports during 2007 revealed evidence of malnutrition and dehydration among hospitalised elderly people. Society seems to punish older people for being sick! These ageist attitudes even sometimes held by the church needs to be challenged. Illness and death are not the 'natural' outcome of reaching retirement! Healthy people retiring today can expect to live an active life for a further 25– 30 years. What strategies does the Church have for reaching this untapped resource? I would be interested to hear of outreach ministries targeting this age group. (see Working with Older Adults below)

Working with Older Adults

Jo Walker (Adult Education Advisor in Guildford Diocese) points out that the other side of the Atlantic there has been the development of what is generically described as "Older Adult Ministries" - including both the ministry from older adults (e.g. "Senior Servers", "50+ Ministries of Grace" etc!), and events / teaching etc intentionally targeting the **'young old' age group**. On the whole the church in this country often seems to have given more attention to the elderly dependant, for example through training offered for volunteer pastoral workers or parish links with residential homes for elderly people.

Different aspects of this work could be of interest to trainers involved with CME / training pastoral volunteer ministers / parish development work. A helpful example of material from America is the 'Older Adult Week Plan-

ning Guide' resources offered each year by the Presbyterian Church in the USA -"which include loads of ideas parishes could use" - <http://www.pcusa.org/olderadults/events.htm#week>

Further information from:

Joanna Cox

National Adviser in Lay Discipleship
and Shared Ministry
Education Division
Church House
Great Smith Street
LONDON SW1P 3AZ

Direct Line: 020- 7898 1511

Parish Nursing Ministries UK

Parish Nursing Ministries UK is a charitable company formed to develop Parish Nursing in the UK. they offer training, coordination and resources for Parish Nursing ministries.

It is a newly developing area of nursing practice in the U.K. It has become established in the U.S. over the last twenty years and is now being practiced in Canada, New Zealand, Australia and Swaziland. A Parish Nurse is a registered nurse with community experience, who works through the church, offering spiritual as well as physical and mental care. They may practice in a voluntary or paid capacity. They will serve the church as well as the local community, with respect for people of all faiths and none. Essential to their practice is the need to work in a complementary and communicative way with all health care professionals and ministers of religion. In the U.K. **Parish Nursing is the Christian expression of Faith Community Nursing**. We would also want to encourage other **faith communities to develop similar faith-related health care programmes.** [emphasis mine].

By the start of 2008 ~ just 4 years since they started ~ Parish Nurse projects have risen to 35 in England and Wales, in a wide range of contexts. Paul Bays editor of Start the Week (<http://starttheweek.typepad.com>) says "It can allow church teams to be more missional in their pastoral work, and more pastoral in their mission work."

For further information, see their web information: www.parishnursing.co.uk/downloads/General%20leaflet%20240507.pdf



Your Letters

Hi Michael,

Many thanks once again for a very helpful bulletin, not least the mention of the *Mensheds* which I found relevant to my own thinking about a time-out scheme from resource-rich to resource poor, not least the support of tough inner-city churches. I will explore further and embed into material for the BUGB (Baptist Union of Great Britain) National Tour 'Fresh Horizons' in 2008, which is gaining momentum with seven bookings and more in the pipeline.

I have also had a number of positive replies with respect to **Discovering Faith in Later Life No 6, SAGA Generation**, which I also found invaluable teaching – thanks.

Regards, Terry Jones

The Mission Department: The Hub
Baptist Union of Great Britain

Dear Mike,

Thank you for Bulletin No. 20. I feel that the *Mensheds* movement in Australia, which you refer to, has a lot of resonance with men's activities in the UK. You are giving us plenty of food for thought!

Jeffrey.

Dear Mike,

Many thanks for your latest bulletin. I always enjoy reading the articles and often find many helpful hints and information, please do continue to send me the bulletins...

I enter a new and very challenging phase of ministry. In December I am to join Ralph Upton in the Valley of Hope Project in the Rhondda. I shall be working with the families of those who suffer from substance misuse and also liaising with local churches in order to find volunteers to help with the work.

Although the work sounds very different to that of working with older people, I am an older person and many of the families I shall be working with are also older people. Many grandmothers may be taking care of young children etc. so your bulletins will keep me informed and help me with the 'journey'!...

Kind regards,

Jean Cade

Dear Mike,

Since seeing your presentation on Older people's holidays at home at conference, I've been hopeful that some time in the future we might be able to consider having some sort of holiday at home scheme.

When the congregations (we're a large team ministry in the middle of Exeter) were asked what sort of Team Rector was desired the natural response was someone to encourage the young! In spite of a predominantly elderly congregation in all the churches concerned no one seems aware of the needs or vast mission field amongst the elderly. As time, energy and health allow, I would like to help in changing their perspective in this area.

Sincerely

Yvonne Bradbrook, CA



Mensheds Australia Ltd. is a not-for-profit Australian Public Company, Limited By Guarantee, dedicated as the premier organisation for supporting and resourcing **Men's Sheds across Australia**. Mensheds Australia is a registered Health Promotion Charity and endorsed as a Deductibility Gift Recipient (DGR),



www.mensheds.com.au

Guide to spiritual well-being

Methodist Homes for the Aged (MHA) is a charity providing care homes housing and support services for older people throughout Britain.

Established over 60 years ago, MHA now serves 8,500 older people in residential and nursing care homes, specialist dementia care homes, sheltered housing schemes and community projects. MHA benefits from the dedication of 4,000 staff and the commitment of over 5,000 volunteers.

They believe that spiritual well-being is achieved by nurturing the human spirit: through relationships and positive experiences – be they with God, family and friends, animals, nature, music, art or other creative activities. They have just produced a 'guide to spiritual well-being'.

Derby Office:

Phone: 01332 296200, Email: enquiries@mha.org.uk

Leeds Office:

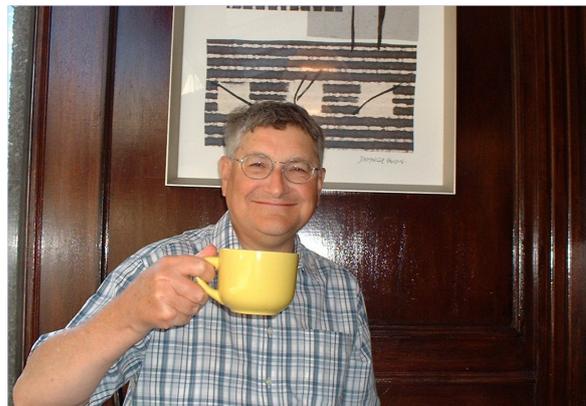
Phone: 0113 271 5805, Email: enquiries@mha.org.uk



Fundraising Support

Evangelist Support Scheme

Many people have written or e-mailed me to say how much they appreciate receiving this information bulletin. It occurred to me that agencies, churches and even individuals might like to support me prayerfully and financially. Cheques can be made payable directly to **Church Army** referencing my code number 1976MCO, or further details can be sent on request from the Sheffield Centre.



Thank for your continuing prayer and support,

Mike

The Sheffield Centre
Church Army's Research Unit

Discovering Faith in Later Life Series:

- ~ No. 1 Taking the church into residential care homes in Eastbourne.
- ~ No. 2 St. Stephen's Seniors: Christ to the Elderly and Lonely in East Twickenham
- ~ No. 3 PSALM Project for Seniors And Lifelong Ministry
- ~ No. 4 The Outlook Trust: Christian Hope and Encouragement for Older People.
- ~ No. 5 'Holiday at Home' Running events for older people during the summer holidays.
- ~ No. 6 Church for the SAGA Generation: Cultural Shifts in younger old.

This Discovering faith in later life series are available on Church Army website under the resources link: www.churcharmy.org.uk.

All this information is downloadable from the Sheffield Centre's website; <http://www.encountersontheedge.org.uk>

Michael Collyer CA
Researcher: Older People
Exploring evangelism, spiritual needs and
fresh expressions of church among older people
Member of the Sheffield Centre
Church Army's Research Unit

Tel: 0114 272 7451
e-mail: m.collyer@churcharmy.org.uk

