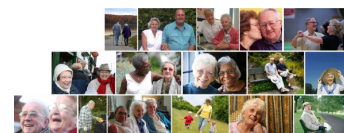


Focus on Older People

Information Bulletin No.29



Produced by The Sheffield Centre
seeing and communicating what God is doing in mission

September 2009

UK Older People's Day 2009

The 1st of October is traditionally the UN International Day for Older People.

Under the Full of Life banner, the Government and other supporting groups are undertaking a wide programme of activity centred around UK Older People's Day to raise the profile of the issues surrounding older people and our ageing society.

From allotment projects to tea dances, exercise classes to achievement awards, around 50,000 people took part in some 900 local events across the country in 2008 and they are hoping even more people will get involved in 2009.



The main aims for the day are to:

- Celebrate the huge contribution older peoples make to our society and economy
- Create a positive view of later life and tackle out-dated stereotypes
- Raise awareness of the opportunities and entitlements for older people across society
- Ensure older people don't feel excluded or isolated from the rest of society.

Can the Church add the spiritual dimension!?

It you would like to know more visit: <http://www.dwp.gov.uk/policy/ageing-society/full-of-life/>

Ten Commandments For Older People

Gavin Reid a former suffrican bishop of Maidstone at a recent Conference organised by OUTLOOK Trust in his keynote speech 'Dreaming Dreams' left us with 10 Commandments for retired people.

- 1 Thou shalt not harbour resentments
- 2 Thou shalt not live in the past
- 3 Thou shalt not be lazy
- 4 Thou shalt not be self-indulgent.
- 5 Thou shalt treasure the mornings.
- 6 Thou shalt work to make new friends (organisations & societies outside the church)
- 7 Thou shalt keep fit. Exercise and Diet.
- 8 Thou shalt enjoy yourself.

- 9 Thou shalt be honest about ageing and death.
- 10 Thou shalt thank God for each new day.

The Right Reverend Gavin Reid OBE is one of the Church of England's best-known communicators and authors. He was the Bishop of Maidstone between 1992 and 2000, retiring in the millennium year to concentrate on writing and ministry.

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50 Bible Studies For Use In Care Homes And Other Small Groups



This is the latest publication from PARCHE, and a much needed resource which I am sure will become very popular.

The study material is arranged in 4 Sections:

- In the beginning, and Jesus claims to be God
- Jesus – God’s son – his teaching through parables
- Jesus – God’s son – his miracles
- Jesus – God’s son – his life, death and resurrection

This is followed by a very useful section on suggested prayers. The introduction includes useful guidelines for using the material. The studies are designed to be

Your Letters

Dear Mike

Thank you very much indeed for this attachment [*Discovering Faith in Later Life No 9 Assisting Spiritual Care in Residential Care Establishments*] which I have read with interest. It is great to know that such an ecumenical approach is being put into practice, as there will be people in care homes from different denominations...

In York, there is to be a City Centre, Anglican, stipendiary appointment involving five of the City Centre Anglican Churches. It is hoped to be in place by next Easter. Something like this co-ordinated, ecumenical approach for the spiritual care of those in care homes and housebound would be of real benefit in my opinion. It is rarely sustainable these days to expect one parish priest to maintain spiritual care for people in a geographical spread of care homes.

Congratulations on all you are doing!

Best Wishes, Monica

adaptable to suit different groups. They are also presented in such a way that can be easily photocopied, with the necessary permissions to do this. The rear of the book includes a list of useful resources including those produced from PARCHE.

The book by Ewart Helyar with Buddy Reeve is available from PARCHE.

Contact details:

Tel 01323 438 527

e-mail parcheenquires@hotmail.co.uk

Website www.parche.org.uk



Hi Michael,

Hope this finds you well? I am still at the helm at Sharecare at Holton. We still have a small service each month and at times I use your prayer book you left me.

This is to let you know at long last we are going under the umbrella of Age Concern. This is to relieve the pressures off the fantastic shoulders of the trustees... all being well it should all be in place in September.

Keep sending

Fondest
Iris

If you have any comments you'd like to make on anything you find in these IBULLs please contact Mike at ask@sheffieldcentre.org.uk



Life In The London Docklands In The 1950s Was Tough (an article)



Jennifer Worth as a young midwife working in the East End of London in the 1950s reflects on her encounter with an elderly Nun in her 90s, Sister Monica Joan (Anglican Order) who had such an impact on her personal spiritual life in those days. Jennifer herself must be approaching her 80s, and recounts in her book, *Call the Midwife: A True Story of the East End in the 1950s* a Phoenix Paperback.

"[Sister Monica's]... religious poetry was surprisingly slender, and as I was eager to know more about her religion, I asked her about this aspect of her poetry. She replied with these lines for Keats' *Ode to a Grecian Urn*:

"Beauty is truth, truth beauty" – that is all
Ye know on earth, and all ye need to know.

"Do not ask me to immortalise the great Mystery of Life. I am Just a humble worker. For beauty, look to the Psalms, to Isaiah, to St John of the Cross. How could my poor pen scan such verse? For truth, look to the Gospels – four short accounts of God made Man. There is nothing more to say".

She looked unusually tired that day and, as she lay back on the pillows, the wintry light from the window accentuating her pale, aristocratic features, my heart filled with tenderness, I had come to a convent by mistake, an irreligious girl. I would not have described myself as a committed atheist for whom all spirituality was nonsense, but as an agnostic in whom large areas of doubt and uncertainty resided, I had never met nuns before, and regarded them at first as a bit of a joke; later, with astonishment bordering on incredulity: Finally this was replaced by respect, and then deep love.

What had impelled Sister Monica Joan to abandon a privileged life for one of hardship, working in the slums of London's Docklands? "Was it love of people?" I asked her.

"Of course not," she snapped sharply. "How can you love

ignorant, brutish people whom you don't even know? Can anyone love filth and squalor? Or lice and rats? Who can love aching weariness, and carry on working, in spite of it? One cannot love these things. One can only love God, and through His grace come to love His people."

I asked her how she had heard her calling, and come to be professed. She quoted lines from *The Hound of Heaven* by Francis Thompson.

I fled Him down the nights and down the days;
I fled Him down the arches of the years;
I fled him down the labyrinthine ways
Of my own mind; and in the midst of tears
I hid from him.

I asked her what was meant by "I fled Him", and she became cross.

"Questions, questions – you wear me out with your questions, child. **Find out for yourself – we all have to in the end.** No one can give you faith. It is a gift from God alone. Seek and ye shall find. Read the Gospels. There is no other way. Do not pester me with your everlasting questions. Go with God, child; just go with God."

She was obviously tired. I kissed her and slipped away.

Her constant phrase, "Go with God", had puzzled me a good deal. Suddenly it became clear. **It was a revelation – acceptance.** It filled me with joy. Accept life, the world, Spirit, God, call it what you will, and all else will follow. I had been groping for years to understand, or at least to come to terms with the meaning of life. These three small words, **"Go with God"**, were for me the beginning of faith".

That evening, I started to read the Gospels."



A TRUE STORY OF THE EAST END
IN THE 1950S

Call the
Midwife

JENNIFER WORTH

Reports



Supported or Suspended?

The Church of England Newspaper (21st August 2009) in an article on p.15 raised an interesting article about the pain some clergy wives can feel on the retirement of their husbands and the need to move out of the area where they have made so many friends. For wives as well can feel like a very real bereavement.

In response to this Tina Cumberlege has set up SOS - supported or suspended – a support network for clergy spouses around the time of their partner's retirement. In July they held their first 'encouragement day'. Other events are to follow.

For more details see www.supportedorssuspended.org

National Dementia Strategy

The Department of Health is piloting a new programme in 40 demonstrator sites throughout England, called *Living Well with Dementia*. The sites will test different ways of providing practical and emotional support to people with dementia and their families. 22 sites will include specialist dementia advisors and 18 others will concentrate on developing peer support networks. Some other sites will target hard-to-reach groups such as **people with learning disabilities** and minority ethnic communities.

For more details see the Department of Health's website www.dh.gov.uk.

The full link is: http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_097629

Rewarding Grandparental Care

Grandparents Plus has published a report on the 'Gran-carer generation' Its basic argument is that working-age grandparents are most likely to suffer financial hardship in caring for grandchildren but receive little help in balancing their own work and care.

The proposal is that grandparents should receive payment through the tax credit system as an allowance for people caring for children who cannot live with their parents.

The report is entitled *The Poor Relation? Grandparental care: where older people's poverty and child poverty meet*.

Further details from Grandparents Plus:

Tel 020 8981 8001

Website <http://www.grandparentsplus.org.uk/reports.php>

Skills For Grandparents

In *Older & Bolder* Newsletter, Issue 28 June 2009 NIACE reports that more and more grandparents are becoming involved in the day-to-day care of their grandchildren, and that their literacy skills and practices are important in intervening in the cycle of underachievement. The report goes on to say that grandparents have more time than a parent to play with their grandchild, and if they are involved with their grandchild, they are usually keen to help them learn and to make learning fun.

NIACE are keen to encourage and promote family literacy, language and numeracy through grandparents. It is estimated that there are approximately 14 million grand parents in the UK. Around 10% of the adult population are grandparents by the age of 45 and 70% have grandchildren by their late 60s.

To obtain a free NIACE Grandparenting resource catalogue:

Tel 0116 285 9701

e-mail Michael.lyden@niace.org.uk

Website <http://www.niace.org.uk/sites/default/files/Grandparenting-Resources-Catalogue.pdf>

Reports... continued



Impact Of Grandparenting: Research Report

Age Concern, with Help the Aged, report that the University of Hertfordshire and the Family Matters Institute have published the results of research into the views of children about grandparents and grandparenting. Case studies in the report look in greater detail at the role of grandparents following a breakdown in the relationship of the child's parents.

To obtain a copy of the report *Do grandparents matter? The impact of grandparenting on the well-being of children* visit:

<http://www.familymatters.org.uk/published.php>

When The Baby Boomer Generation Retires

Between now and 2060, the working-age population will drop from 4 to 2 for every person aged 65 and over. As a consequence the European Commission 2009 Ageing Report has adopted an Ageing Communication to encourage governments to implement policies and structural reforms needed by ageing societies.

For further information see their website:

http://ec.europa.eu/economy_finance/thematic_articles/article14761_en.htm

Ideas For Mission And Outreach Among The Elderly In Our Communities

The enabling group in the Diocese of Peterborough have produced a very useful short booklet entitled '*Waiting for God*'. A brief snapshot of themes covered are:

- Developing worship and fellowship
- Lunch Clubs
- Pets and other contacts
- Providing HOPE for older people in Kettering
- Top Tips for reaching out to the elderly
- Back to Church Sunday
- Prayer Pointers
- Resources

On the theme of developing worship and fellowship it mentions a survey carried out among older people by St Giles Church, Northampton.

The older people said they:

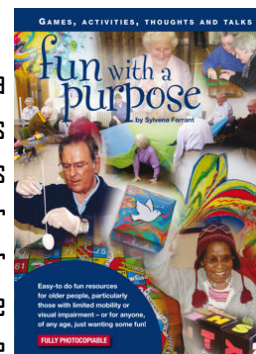
- Would like to come to Church and missed coming
- Liked watching *songs of praise*
- Liked the old hymns and didn't know or understand the new ones
- Lacked the means to getting to Church
- Didn't like coming out in the evening on dark nights
- Took a while to get going in the morning

It is interesting to read how St Giles has responded to these needs. For a download of '*Waiting for God*' visit www.peterborough-diocese.org.uk or Tel: 01604 887 000

By way of interest the ministry with older people at St Giles was the subject of a Sheffield Centre research project. See Encounters on the Edge No. 40, or contact us for further details.

Fun With A Purpose

Fun with a purpose by Sylvena Farrant is a fabulous resource. This brand new LCM publication was developed as a result of her appointment to work with older people in a nursing home in the Bromley area. She found there were very few things available to the elderly and disabled to aid them as they journeyed through this most difficult time of their lives.



All with a ministry with older people should not be without it. It is full of fun resources particularly for those with limited mobility or visual impairment - or for '*anyone, of any age, just wanting fun*'. It is ideal for any planning a Holiday at Home event next year and fully photocopyable. It is published by the London City Mission Tel: 020 7407 7585. See also www.lcm.org.uk

Conferences



Re-Imagining Church: Connecting The Generations

A day conference to explore the future of the church as an intergenerational community. This will take place on Saturday 7th November 2009 from 10am – 3pm.

The location is:

West Bridgford Baptist Church
Melton Road
West Bridgford,
Nottingham, NG2 7NF.

For bookings and further details please contact:

Mrs Julie Lazonby
Ruddington Baptist Church
62 Musters Road
Ruddington
Nottingham, NG11
or email: Julie@ruddingtonbaptist.org.uk

A Mission-shaped Church For Older People

Church Army in partnership with the Leveson Centre have produced a training resource entitled *A Mission-shaped Church for Older People*, which was very successfully launched last year in October at a day conference of the same name.

To celebrate this event we are running a duplicate one day conference by popular request in London (St Michael's Chester Square) on October 29th and wish to send people with responsibility for mission and evangelism/trainers/pioneers a personal invitation to attend. Bishop Graham Gray will be present, and keynote speakers will be CEO of Church Army Mark Russell and Rev Dr James Woodward former director of the Leveson Centre and now Residentiary Canon of St Georges Chapel Windsor.

Please let Mrs Claire Dalpra know if you or your colleagues would like to receive a personal invitation.

e-mail c.dalpra@sheffieldcentre.org.uk

Tel 0114 272 7451 (Church Army Sheffield Centre)

Other related resources available from the Sheffield Centre

Discovering Faith in Later Life - New Release:

No. 9 Assisting Spirituality in Residential Establishments

In this paper Mike explores two examples in Kent where this requirement is taken seriously. It provides some insight of best practise that could be modelled by carers and ministers alike.

No.1-No.9 are available for viewing and downloading free on our website:

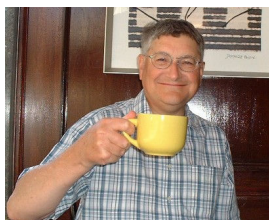
www.churcharmy.org.uk/ms/sc/OlderPeople/sfc_DFiLL.asp

Produced by *The Sheffield Centre*,
Church Army's Research Unit.

Directed by Revd George Lings.

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Websites www.churcharmy.org.uk/sheffieldcentre

www.encountersontheedge.org.uk

<http://twitter.com/SheffieldCentre>