

RESOURCE PICKS
From Anna Chaplaincy

The Pilgrims' MAGAZINE

AUTUMN 2024

Visiting a care home
Expert advice on
what to do, say
and pray

Inside... Your guide to
**Prayer
Week**

30th September –
6th October

From 4 to 94...

The power of preschool partnerships

Election update

What's happening
with social care?

PILGRIMS'
FRIEND
SOCIETY

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



Got a great story?

Email our editor **Helen** on helen.nathan@pilgrimsfriend.org.uk

The Pilgrims' Magazine is published quarterly. Except where specified, all content is copyright of Pilgrims' Friend Society 2024. No part of its content may be reproduced in any form without written permission from the publishers.



If you don't yet get the magazine, you can sign up here:

www.pilgrimsfriend.org.uk/magazine

Or contact us via the details below:

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

www.pilgrimsfriend.org.uk

☎ 0300 303 1403

✉ 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

Cover **STORIES**



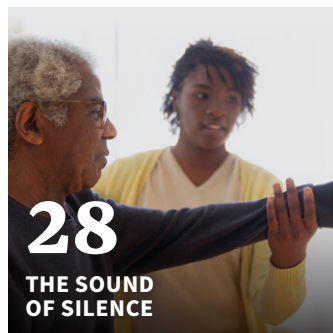
6
HOW TO APPROACH CARE HOME VISITS

Expert tips from Debbie Thrower, founder of Anna Chaplaincy



12
A BLOSSOMING FRIENDSHIP

The preschoolers bringing joy



28
THE SOUND OF SILENCE

Post election, we're still waiting for a social care plan

In this issue...

4

NEWS

A new care home joins the Pilgrims' Friend Society family

19

LOUISE ANSWERS

Is there a tipping point for a care home move?

26

REFLECTIONS ON AGEING

Our housing folk share ups and downs

9

THE GIFT OF TIME

The blessing of volunteering

20

IN THE GARDEN

David's labour of love

30

MY STORY - DAVID

Life as an evacuee

10

MEET A HOUSEKEEPER...

How Fraser found his feet with us

22

RESOURCES

Recommendations from Anna Chaplaincy

32

GIVING

Help create magic moments

15

PRAYER GUIDE

Thank you for your prayers!

24

REACHING THE LONELY

Why it matters so much

“Let us not become weary in doing good, for at the proper time we will reap a harvest...”

Galatians 6:9



Looking to contact our homes and schemes?

See back cover for details

News round-up

News and events from across our charity and beyond

welcome



Bridgemead joins our family

We're pleased to announce that Bridgemead care home in Bath will become part of our family in October 2024. The home, run by Bridge Care since it opened in 1992, provides a warm and supportive Christian community for older people. Staff from Pilgrims' Friend Society have been working with the home and trustees over the last few months and will continue to work with the team to ensure a smooth transition and the continuing provision of great Christian care.

Tilly Wood, trustee of Bridge Care, said, "We are thankful to God for all that has been achieved through Bridgemead. We have been talking and praying with Pilgrims' Friend Society trustees for a number of years and we are totally confident that the vision we have for Bridgemead will be progressed better through this new arrangement. As trustees we are delighted that the home is joining the

Please pray



That this transition would be straightforward and easy to manage

For those living at the home, that they would continue to feel safe and cared for within the community

For those working at the home, that they would be encouraged in their calling

For Pilgrims' Friend Society staff, that they would continue to work well with all those involved at Bridgemead

Pilgrims' Friend Society family and will have access to the resources and support that comes from a larger charitable group."

Our Chief Executive Stephen Hammersley said, "I am really pleased that we are able to join with the work at Bridgemead and continue to provide for older Christians in Bath. Bridgemead is a beacon of Christian care in Bath and the surrounding area, and it is a privilege for Pilgrims' Friend Society to serve the community there in this way."

Bridgemead was established by a number of churches from different denominations in the Bath area and was inaugurated by the then Archbishop of Canterbury, The Rt Rev Dr George Carey. The home is rated Good by CQC and provides a home for 32 people.



Prayer WEEK 2024

30th September - 6th October

Please do be using your guide (included with this magazine) to uplift our work and older people across society in prayer. The guide is also available to download on our website:

www.pilgrimsfriend.org.uk/prayerweek24

DON'T FORGET There's still time to take part in The Pilgrimage and help raise funds for our Hummingbirds. For details, see: www.pilgrimsfriend.org.uk/pilgrimage



Sunday Worship on BBC Radio 4

Our care home Middlefields House in Chippenham is due to be featured on BBC Radio 4 on Sunday 29th September. Tune in to Sunday Worship from 8.10am when family members, staff and relatives will be taking part in a special programme to tie in with the International Day of Older Persons (1st October).



In other news

Finborough Court in Great Finborough celebrated their 30th anniversary with a host of events marking the home and housing scheme's place as a light in the community. Happy birthday and here's to many more years to come!



Louise Morse will be speaking at the Christian Resources Exhibition (CRE) on the subject of 'Engaging and empowering older people' on Thursday 10th October. The exhibition will take place in Milton Keynes, for further details see: <https://creonline.co.uk>

In our Support Office, we welcome three new people to our Finance Team: Emmanuel Makia (Accounts Payable Specialist), Queenie Sun (Accounts Payable Specialist, temp), Ruby Santos (Accounts Receivable Specialist). Also joining our Support Office is Miriam Baines who will take on the role of Supporter Engagement Manager in our Communications and Marketing Team.

For more great stories, follow us on social media:

- @PilgrimsFS
- @pilgrimsfriendsociety
- @Pilgrims' Friend Society
- @pilgrimsfriend

How to approach care home visits



Former broadcaster Debbie Thrower, the original pioneer of Anna Chaplaincy for Older People (part of BRF Ministries), explores common issues that can arise in care homes and offers practical ways to navigate them...



“Don’t just do something sit there!” Yes, that is the right way round. It was a prominent sign in a hospice foyer and captures a truth about visiting. It is so tempting to arrive and start bustling about; putting flowers in a vase, or throwing out a floral arrangement that’s past its best, emptying a wastepaper bin, refreshing the water jug. Anything, but sitting and listening to what may be painful to hear.

When a relative or friend moves to a care home the dynamic changes in a relationship. For the resident it may be something of a relief to be handing responsibility for day-to-day living concerns to someone else. The visitor, on the other hand, views compact accommodation, home routines and staff interruptions, from their own point of view. How would I feel if this was now my home? Truthfully, less than enchanted. Perhaps downright scared?

When a care home becomes someone’s new address they would prefer a visitor who treats their new room as just that – a ‘home’. That means knocking on the door before entering – even if the door is ajar. Residents often leave their door just open a little, so they can feel connected to others and be aware of any hubbub outside while retaining some privacy.

I remember visiting my parents in residential care. It was a relief to me that the health crises we had lurched from when they were still living independently were now more manageable. However, coping with our loved one’s moods while the transition to greater dependence on others takes place is not easy.

That advice to sit with whatever he or she wants to talk about, and resist the temptation to focus instead on what you can do for them, is important.

Too often we shy away from the awkward conversations. This is where we need to learn to be more compassionate listeners. The truth is, it’s often easier to be kind, sympathetic, and patient, with someone who is not a close relative. Anna Chaplains offer spiritual and emotional support to older people in all sorts of settings including, sometimes, care homes.

They are trained listeners who seek to be person-centred and non-judgemental. What tips can we give care home visitors based on the many hours of conversations we’ve had?

Do time your visit for when someone is likely to be most alert – not just after a meal when they might prefer to be taking a nap. Quality is better than quantity. Older people in such settings may be in pain, tire easily, and a visit of 30 or 45 minutes may be more welcome than one that goes on and on. If you have travelled some distance and want to make the most of it, why not withdraw for a while and return later?

Take photos or an article with you which can be the focus of a conversation about something of mutual interest. Anna Chaplains sometimes take a copy of Bible Reflections for Older People with them, which are a boon to helping broker a deeper conversation with someone who might want to talk about their faith or some of the more profound questions of life, even death. Don’t bat away any hint that your relative wants to talk about death. Even if you might hate the thought of their mortality, this is the time of life when such questions become more pressing. You’re privileged if they raise their doubts and fears with you, trusting you to react in a kind way to any worries.

Many of us, as life draws to its close, want to put our affairs in order, straighten out

misunderstandings and try to ease matters on our conscience, if we can. Visitors have an important part to play in enabling someone to feel more peaceful and settled.

Sympathetic staff can sometimes be the ones who, actually, best fulfil such a role. I remember with my own mother that it was a gentle, wise, night nurse who’d listen, sometimes, to my mother in the watches of the night and who brought her much consolation over issues preoccupying her in the last stages of her life.

Often it’s our own high expectations of how a visit should go which scupper the chances of meaningful communication. We should go with few expectations but to be of help to our loved one. That might mean just sitting in companionable silence one day, or being prepared to listen attentively despite thinking you have heard this before. Don’t interrupt and move the chat on to safer ground. But go with the flow and allow whatever is on their heart to surface without steering the dialogue too much.

I remember lovely visits to both my parents which involved pushing a wheelchair around the gardens at the home, sharing some food in an impromptu picnic in the grounds, or poring over a photo album together and shedding a tear or two over our shared memories. I thought I was there to bring comfort to my parent, but they were ministering to me; teaching me how to live better.

These were precious times I wouldn’t have missed for the world. I also recall so many other residents whom I realised didn’t get regular visits. My sisters and I would make sure we tried to share a word with them as well. Perhaps that’s when the seeds were sown for Anna Chaplaincy as a way to reach people who have few if anybody left close to them, to visit and advocate on their behalf?

There can be guilt – on both sides – when it comes to care home visits. A son or daughter, for instance, may feel they don't go frequently enough. But even if demands on you are heavy, especially if you have children still at home, a busy job etc. making any time to go is worthwhile. In between times, a phone call or sending a card is a good substitute.

Helping a resident with an easy-to-use iPhone or iPad on which they could Facetime or exchange WhatsApp messages might transform life for them, when they sense themselves at one remove from the family action. That way a resident might feel they're still contributing and can remain part of the landscape of their nearest and dearest.

My father defined himself, really, by being the Great Provider for the family and when that ability was taken away, as a resident, I think he felt it deeply. One way we got around that was by keeping him well supplied with chocolates. Not only did he have a sweet

tooth and enjoy indulging in one every now and again himself, but he was also able to offer chocolates to others – to staff who'd been especially kind to him, and to visitors. Chocolates became his currency, which he dispensed generously! It bolstered his sense of himself as he did so.

One of the reasons we tell stories about the past, it's said, is to check that it is still there. Everything we have ever done has made us who we are. Moving into a care facility begs a key question of us. If I don't have much, if any, control over where I am, then who *am I* now?

'The past is a foreign country: they do things differently there,' as L.P. Hartley wrote famously in his 1953 novel *The Go-Between*. What we may need more than anything else from a friendly care home visit is affirmation that the affection you had for me in the past will never be withdrawn. However diminished I might be feeling, I am the same lovable person I once was, and still am.

The gift OF TIME

At Pilgrims' Friend Society, we are committed to celebrating those who are in their "Golden Years". Our homes are secure havens where our elders can enjoy life in all its fullness and those who donate their time to us through volunteering are a big part of what makes life with us so special. Through regular visiting, the volunteers who come to our homes bring the blessings of friendship, fellowship and fun, becoming cherished members of the community.

One lady who has become a familiar face to the family members living at one of our homes is our volunteer Helen.

Helen started volunteering at Milward House, our home in Tunbridge Wells, 18 months ago after her husband Frank passed away. No longer with caring responsibilities, Helen found she had time on her hands and volunteering at a Christian care home is the perfect fit.

Helen says, "I've always enjoyed helping. My parents were like that too so it's what I've always done. In my working life, I was a solicitor so that was my way of helping. I enjoy being around people and need the contact as well, so it's good all-round."

During her weekly visits, Helen helps with arts and crafts – something the home was particularly looking for support with – and joins in with quizzes, games and singing.

Helen says, "It's a joy to see our family members come out of their shell as they engage with an activity. We're always joking and having a laugh. Sometimes I'll tease the family members a little bit – I'm a great one for joshing people."

She adds that what makes volunteering so special is the shared faith that pervades the home.

“ Helping at Milward House is very spiritually encouraging. There's a Christian atmosphere, with mutual understanding. The relaxed, comforting and uplifting feeling brings joy and smiling to all who live, work or volunteer there. I always leave a little physically tired, but definitely spiritually energised!”



Volunteer with us!
www.pilgrimsfriend.org.uk/volunteer



Meet a Housekeeper... FRASER

Fraser, 20, came to Middlefields House in Chippenham through his college on a supported internship. Since then, he's been appointed Housekeeper and earlier this year his exemplary work was recognised through a Wiltshire Supported Internship Employer (WSI) Award. We caught up with Fraser about his path into employment

I started my internship at Middlefields House in March 2023. My job coach at college had heard about the opportunities here to do work experience. I spent 12 weeks rotating round different areas of the care home – laundry, housekeeping, the kitchen and the coffee shop.

I wanted to try something out and to help older people. I had two great grandmas when I was younger and I liked spending time with them. They both lived into their nineties. I remember that they were really kind and gentle. In particular, I remember one of my grandmas used to say "God bless" to me.

It was interesting seeing how different parts of the care home worked. I found the laundry fun and I liked sorting everyone's clothes into the different places. Housekeeping involved keeping everything

clean and tidy. When I was with the kitchen, I took the trays round to each household at mealtimes. In the coffee shop I helped with the teas and coffees, sometimes going into the kitchen and doing the washing up.

When the job of housekeeper came up the team encouraged me to apply. The interview must have gone well as I got the job and started at the end of May.

As a housekeeper, you get to talk to all the family members as you go round the different bedrooms and bathrooms. They are always very kind and thank me. Some in particular are very chatty – there's a lady called Judy who will hug everyone she sees. Brian also likes to have a chat.

The job has not always been easy for me. I have autism and a learning difficulty. This means I can find too much information

overwhelming. My manager, Dennise, has been very sensitive to this. She helped me by breaking down tasks step-by-step. That way I only have to focus on one thing at a time. This has made a big difference.

Another challenge I had was with keeping track of time. I found it easy to spend too long on one job. Dennise helped me by giving me a digital clock I can take round with me – we don't carry phones on shift. Now I just have to keep an eye on that.

It was lovely to be Highly Commended in the Wiltshire Supported Internship Employer (WSI) Awards. I feel really proud of what I have achieved and how I have overcome different challenges. I know my mum and my job coach are really proud of me too.



Please pray:

Thank the Lord for bringing dedicated people like Fraser to come and work with us. Thank Him that our homes are inclusive places with space for staff to learn and grow.

Fraser with manager Dennise

Dennise on Fraser:

"I have been impressed by Fraser's professional approach to the role. In particular, he has demonstrated great resilience in overcoming the challenges he's had. He has adopted new ways of working and I've seen how much he has improved. He is such a brilliant team player and is always willing to help out.

"What's been useful to me is knowing things he finds difficult. This has meant that we have been able to work together to find approaches that enable him to work efficiently. Our team had an audit done recently and our manager was very happy which shows just how brilliantly Fraser has done."

When Fraser is not working he likes to...

Play rugby. He took up rugby two and a half years ago and plays on the wing for his team the Melksham Stags. He has also been on tour to Ireland with another team, the Maris.



Could you come and work with Pilgrims' Friend Society? For all our latest jobs vacancies, visit: www.pilgrimsfriend.org.uk/jobs

A blossoming friendship

Words: Helen Nathan

Through The Way We Care, we ensure the older people who live with us have opportunities to engage with and contribute to their local communities. As this blossoming friendship between our care home Framland in Wantage and The Ark Preschool shows, such partnerships are a blessing to old and young alike



“When I heard there were children visiting I came down from my room straightaway,” says Rosemary, 98, and a family member at Framland. “June, one of the Hummingbirds, had popped in to see me for a chat and I said, ‘I’m sorry, June, but we’ll have to talk another time. I’m not going to miss this!’”

Today’s visit is part of a partnership between our care home and The Ark Preschool in Wantage. The link came about as Nicole, our The Way We Care Lead at Framland, is the daughter-in-law of Teresa who runs the preschool. “We were looking to build links in the local community and this seemed like a natural fit,” says Teresa. “Some of our children don’t mix much with older people and so it’s lovely for them to have that experience.”

‘Something very special happens when the very old and the very young connect.’



As I’m about to witness, something very special happens when the very old and the very young connect. We begin indoors with a planting activity. The eight small visitors gather around a table with our family members, taking it in turn to shovel compost into plastic pots and add seeds – sunflowers in unusual colour varieties – then water.

A little shy at first, the children soon start to feel at home. Lottie is excited to tell Margaret, 97, about her fourth birthday next week. Seeds planted, one little boy, Jacob, climbs into the lap of Barbara, 74, and nestles comfortable against her woollen cardigan.

After a drink and a biscuit, it’s time to head into the garden. The children are clearly having a whale of a time – chasing a beachball, bouncing giant shuttlecocks off giant badminton racquets or simply running around and enjoying the space. Sitting to the side, blankets over knees, are

‘Children are a gift from the Lord.’
Psalm 127: 3

our family members, taking in the action and offering gentle encouragement.

One boy is absorbed by an inflatable fairground-style game, trying to get a plastic ball to land in a hole. Supporting from the sidelines is Barbara. His first attempt goes awry so he gives it another shot and the ball rolls into place. Proudly, he looks to Barbara who claps (if you get the chance, do watch the clip of this special moment on our TikTok channel).

The benefits of generations interacting are well-documented. For example, the Channel 4 series ‘Old People’s Home For 4 Year Olds’, brought together ten older adults and ten four-year-olds. A team of geriatric specialists monitored the group and noted improvements in mood, movement and mobility of the older people.

From a Christian perspective, it makes sense. The Bible tells us we are made for relationship and that ‘children are a gift from the Lord’ (Psalm 127:3). Little wonder then that they can be such a blessing to our family members, many of whom will have spent a lifetime around children. Some will have raised their own families. Others will have pursued careers centring around children such as teaching or spent a lifetime helping out at Sunday School or church toddler groups.

And of course there will be still others who have done none of the above and yet find being with children lifts the spirits and stirs the soul. As Rosemary puts it, having children come to visit “liven’s the whole place up!”

In turn, our family members are a gift and a blessing to the children. Psalm 92 tells us that the righteous will ‘still bear fruit in old age’ (v.14). By taking part in a game or activity or celebrating a child’s success, the older Christians who live with us are living out their God-given calling.

As I chat to Teresa, it’s clear that the impact goes deep. I’m surprised to learn that Lottie, who was chatting away so happily to Margaret earlier, is naturally very shy. “Coming here is brilliant for the children,” says Teresa, “It does so much in terms of building their confidence.”

Teresa points towards a corner of the garden where another little girl, Willow, and Rosemary are playing with a giant shuttlecock and racquet. Willow, Teresa explains, is also very shy so to see her flourishing in Rosemary’s company is



wonderful. “The parents sometimes can’t believe it when I tell them what their child has done.”

Several of the children who are visiting today will be moving up to school in September and so experiences like this all help towards making that transition where they will have to get used to being in a new environment with lots of unfamiliar people.

Another plus for the visitors is the walk to and from the care home. “There’s a little brook that we go past which the children enjoy looking at, and there are roads to cross which helps to build their road sense,” says Teresa. Not only are they getting to know their local area they are also gaining important life skills.

Having enjoyed the garden games, the children start to explore further. A stone path runs round the perimeter of the care home garden, bordered by flowers. The children race along and some return a moments later with little bouquets that are presented to our family members.

Then it’s time to leave. The children slip on their hi vis jackets and get into their partners. Everyone waves a fond goodbye.

Over a cup of tea, I spend some time reflecting

on the visit with Rita, 93. She tells me she hadn’t been out into the garden yet this year, it had been too chilly, but the visit by the children had coaxed her outside. She rummages in her bag and pulls out a small yellow flower, a primrose, presented to her by one of the visitors. “We used to love picking primroses as children,” she recalls. “My dad was building a bungalow in the Essex countryside and us children used to go off and explore. There were lots of primroses, and bluebells too.”

I also catch up with Rosemary. It turns out that she used to help lead a Brownie pack, including in the head role of Brown Owl. “I love the fact that you have to work with young children and gain their confidence,” she reflects. “With that little girl earlier, it’s nice to feel that I contributed something.”

Like the sunflowers putting roots down in their pots and stretching up tall, this is a partnership that everyone hopes will continue to grow.



Rita with her primrose

Former Brown Owl Rosemary



To find out more about *The Way We Care*, visit: www.pilgrimsfriend.org.uk/thewaywecare



Please pray:

Thank the Lord that our care homes are places where older and younger people can connect and bring each other joy.

PILGRIMS' FRIEND SOCIETY

Welcome to the AUTUMN 2024 DAILY PRAYER GUIDE

Welcome to the Pilgrims' Friend Society Autumn Prayer Guide. Thank you for praying with us for our communities – those who live, work, and volunteer with us. We are so grateful for your support in this way.

‘How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures.’

Psalm 104:24

PULL OUT AND USE

Here’s how you can be praying for our work each day. We’ve listed our homes and housing schemes and their managers, as well as the other teams and projects that make up the work of Pilgrims’ Friend Society.

Sundays



Homesdale, Wanstead, London – Sarah Walsh

Emmaus House, Harrogate – Chrissie Medway-Steel

Carey Gardens, Kirby Muxloe – Andy Harrison



Those living in our homes and schemes

Thank God for all those who have chosen to make their home with us in one of our care homes or housing schemes. Ask God to make Himself known to them as they continue on their journey of faith.



Care teams

Praise God for our wonderful care teams and all the important work they do each day. Pray that they would know God’s blessing on their work.



Andy Harrison

Mondays



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



Jeanette Davis



Our catering, maintenance, and administration teams

Thank God for the vital work that our support teams do in our homes and schemes. Ask that God would help them in their work, especially as they navigate any challenges that arise.



Our resources *(see more on p.22-23)*

Ask God to help those who need our resources to find them easily. Please pray for those whose lives are impacted by dementia, that they would find help and support in our resources.

Wednesdays



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



The Operations Team overseeing our homes and schemes

Thank God for our incredible operations managers and for the work that they do to support our home and scheme managers. Ask God to be with them as they travel.



Carol Jackson,
Operations
Manager



Recruitment

Please pray for our recruitment team and all the work that they do to bring the right people to work with us. Pray that vacancies will be filled swiftly by great new colleagues.

Tuesdays



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



Activities and Community Engagement (ACE) Facilitators

Praise God for our ACE Programme and all our ACE Facilitators are doing to bring stimulating activities and community to our homes. Pray for more opportunities to grow connections with local churches and other community groups.



Growth and Renewal Programme

Pray for our Growth and Renewal Programme and our plans to protect the future of Christian care. Please pray for the right opportunities to become clear for the next phase of the project.

Thursdays



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



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

Thank God for the teams that support our homes and schemes from our Support Office and remotely. Pray that they would work well together to serve their colleagues.



Nathan Page



Church and community engagement

Thank God for churches, schools and other groups who are connected to our homes and schemes. Please pray that these connections would be encouraging and fulfilling for all who take part in them.

Fridays



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

Strathclyde House, Skelmorlie – Tina McKeown



Volunteers

Praise God for the increasing numbers of volunteers who are taking part in the life of our homes and schemes. Please ask God to bring more volunteers to our communities.



Giving

Thank God for all the generous gifts that we receive from faithful supporters of our work. Ask that He would continue to provide in this way, particularly through our appeals and sponsored events like The Pilgrimage.



Trustee Andrew Symonds

Saturdays



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

Milward House, Tunbridge Wells – Sarah Bayliss, Sid Martin

Shottermill House, Haslemere – Anne Pegler and Mike Beere



Directors and trustees

Give thanks for our Executive Team and Board who oversee the work and direction of the charity. Pray that they would be able to make good decisions for the long-term success of the work at Pilgrims' Friend Society.



Families and relatives

Pray for the family and friends of those who live with us. Ask God that there would be peace in any difficult circumstances, and that they would have comfort in knowing that their loved one is part of our communities of faith.



Mike Beere



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



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



Louise ANSWERS

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

Q My mother is struggling to care for my father, diagnosed five years ago with dementia. Is there a point where he will need residential care?

A First of all, it's good to see from your question that your mother is not entirely alone in caring for your father. Because she has you, and perhaps other relatives and friends nearby. There's an old saying that 'a burden shared is a burden halved,' and although the percentages aren't correct when it comes to dementia care, the principle is Scriptural and correct (Galatians 6:2).

One of the heaviest burdens is a syndrome known as 'dementia caregiver burden'. The term is familiar in research but not among the 700,000-odd family and friends in the UK who find themselves caring for loved ones with dementia. They don't even call themselves 'caregivers': they are simply spouses, adult children and relatives and friends doing the best they can.

Those who have the support of others generally experience lower caregiver burden, and are more likely to care at home until the end of the journey. Others, lacking this support, are like Atlas holding their whole world on their shoulders. They also carry a raft of negative emotions, like guilt, inadequacy and grief, and higher levels of stress that can lead to physical and mental ill health.

There are 'tipping points' in dementia care where residential care is the best, if not the only option for both the caregiver and the care recipient. An example is when the caregiver's health becomes so poor that they are physically unable to continue: often compounded by lack of sleep.

Another tipping point is the care recipient's health. Molly's husband developed difficulty swallowing and needed to be fed by trained carers. Severe incontinence can become an issue. Two sisters who cared for their father in turn said they only managed because they regularly replaced his trousers and underwear rather than wash them frequently. In addition, they said, they had to change his bedding every day and their washing machines were always busy.

It's wise to discuss the possibility of residential care even before the journey begins. I've known people with their minds set against it for subjective reasons that don't stand up to scrutiny. I always invite them to spend an hour or two in one of our care homes and experience the expertise and the peace. Two pastors told me they valued the 'quality time' they spent with their wives, and the peace they had knowing they were safe when they left.

Get in touch with Louise: ✉ louise.morse@pilgrimsfriend.org.uk

Find out more about her work and publications: 🌐 www.pilgrimsfriend.org.uk/louise-morse



In the garden

Words: Helen Nathan

When the garden at our care home Finborough Court, Great Finborough needed a spruce up, staff knew just who to turn to. David, 74, lives across the way in one of the bungalows at Finborough Court Housing and has spent his working life in horticulture



A gently winding path runs alongside flowerbeds and raised tubs. David explains that the garden has been planted to engage the senses. Fragrant herbs sit at just the right height for you to reach out, rub between the fingers and sniff, among them lemon balm,

sage and thyme. In the beds are blooms chosen for colour and

interest – a profusion of salvia in mauve, pretty pink phlox, the knobby leaves and tiny yellow globes of cotton lavender.

“Whether you’ve been a keen gardener all your life or not, everyone can enjoy coming out and being around the beauty of a garden,” says David.

On the day I visit one person out enjoying the garden is Rob, 96. I hand him a lemon balm leaf and he’s instantly transported to Dagenham East, 1951, and the home he and his wife moved to as newlyweds. “It had a wonderful garden that house, with raspberry canes and blackcurrants,” he recalls. “I used to cut the garden lawn with shears, we didn’t have a lawn mower back then.” Then there’s Owen, who likes to come out in the afternoon and enjoy the peace and

quiet. The same is clearly true for two ladies who sit in a shady corner enjoying a post-prandial nap.

It was early spring when staff decided it was time to get the overgrown garden into shape for the summer. Armed with a list from David, our Business Manager Karen procured a selection of sensory plants. David and Maintenance Officer Russell set about clearing the space for the new plants to go in.

For David, the love of gardens and the outdoors is deeply rooted in his childhood in Wiltshire. “From the age of about six I was helping my mum in the garden. She taught me all about planting and pruning.”

As a boy, he also enjoyed the joy and freedom of roaming the nearby woodland with his brother, learning to identify all the different plants and trees. “You could go out and just lose yourself for hours. We were always being told off for being late for meals. I feel so sorry for children now, they never get to enjoy that kind of freedom.”

On leaving school, David worked at a pot plant nursery and a farm producing Bird’s Eye peas. But it was the intimacy of working with plants he loved the most and so he then embarked on a nine-month course at the Isle of Ely Horticultural College, giving him the opportunity to explore different growing techniques. This was followed by work on seed trials in Essex and experimental work on a farm in Jersey. He then studied for the prestigious Diploma in Horticulture at Kew Gardens.

The course involved rotating around different areas including arboreal, tropical and alpine. “My favourite was working with the alpine plants. The tropical plants are all very nice, but they require such special conditions to grow. I liked things I could take home and experiment with. I still have plants today that I can trace back to cuttings I took at Kew.”



While David describes Kew Gardens as superb, city life did not agree with him. “I escaped at every opportunity. I’m a country soul at heart. I could never get used to opening the curtains and looking out over endless rooftops.”

Driven by a desire to get back to the countryside, David set his mind to work hard and managed to complete two three-year courses simultaneously, excelling in his studies.

He stayed one more year at Kew working as a senior gardener before taking an advisory role with Ministry for Agriculture, Fisheries and Food. “I’d experiment with different techniques and then visit growers, advising them how to improve the growing of lettuces, cucumbers, tomatoes and peppers.”

When the government pushed for David to charge fees for his time – the service had previously been free to industry – he decided to set up his own advisory business.

Now retired from working life, David serves as an elder at the local Rattlesden Baptist Church. Unsurprisingly, inspiration for sermons and Bible studies often comes from the natural world, with Luke 12:27 having particular resonance. “Plants don’t go rushing around, they stay rooted in the soil absorbing the sunlight and water and nutrients,” says David, “God provides for them and He’ll provide for us too.”



Coursework from horticultural college David was a consultant to growers



Get equipped with Anna Chaplaincy

To tie in with our guest feature by Debbie Thrower on p.6, this issue we're sharing details of resources from Anna Chaplaincy which are designed to support older people and those ministering to them

Spiritual Care Series

A course aimed at church pastoral visitors and for individuals with caring responsibilities, or who those are interested in their own ageing process.

www.annachaplaincy.org.uk/about-the-spiritual-care-series

Bible Reflections for Older People

Published every four months, these reflections are written by and for those in their later years. They are in large font, and each reflection aims to apply the wisdom of the scriptures to people's everyday circumstances. Each issue contains 40 reflections and prayer suggestions to use and revisit as often as is needed. Centre pages feature inspiring stories, poems and articles of interest.

As Debbie Thrower suggests, this could be a useful resource when visiting someone living in a care home, facilitating prayer. She says, "You might like to offer to pray with your loved one just before you go; thanking God for them, entrusting them to His loving care

when you're gone, blessing those they love who may be far away, mentioning some concern they have voiced and asking for the right answer to emerge to whatever it is that may be troubling them."

www.brfonline.org.uk/collections/bible-reflections-for-older-people



Easy Guides

These A4 page-sized guides – free to download – explore a host of topics such as 'Running a holiday at home', 'Praying with an older person', 'Being present with someone who is dying' and 'Enabling worship in care homes'. They are an expanding library of practical guides written by Anna Chaplains with considerable experience.

www.annachaplaincy.org.uk/easy-guides



Our picks...

God's Purposes in Older Age

The 'God's Purposes in Older Age' resource by Louise Morse is available on our website, both as a series of three blog posts and as a downloadable pdf. The articles explore what it means to age from a Christian perspective.

www.pilgrimsfriend.org.uk/godspurposes



Dementia from the Inside, £9 by Jennifer Bute with Louise Morse

As a doctor and a Christian diagnosed with dementia, Jennifer uses her story and others to give practical and spiritual direction to others with dementia and their families.

Six Key Steps to Making a Dementia Inclusive Church, £3

This booklet provides useful tips, advice and guidance in the form of six steps for churches wishing to become more welcoming for those with dementia.



For the full range of our resources covering everything from living with dementia to growing older together, visit: www.pilgrimsfriend.org.uk/resources
Alternatively, ☎ 0300 303 1403

Reaching the lonely

The loneliness epidemic is sweeping our nation in the most devastating way, affecting many older people and limiting their later life flourishing. Alex Drew from our partner charity Faith in Later Life looks at what Christians can do to help

For some people loneliness is experienced emotionally – feeling the absence of meaningful relationships, for others it's social – not having the quality of relationships, and for some loneliness is existential – feeling very much separated from others and the world. Loneliness can also be experienced in different ways; for some people loneliness comes and goes, for others it occurs on certain days or in certain seasons, and others still experience loneliness most or all the time.

It's true that you don't have to be old to be lonely, but when you add to loneliness living alone, bereavement, digital exclusion, increasing health issues, living in a rural area, and pensioner poverty, all set in a climate of societal ageism, loneliness, which can seem so benign, can have serious consequences, even increasing the risk of premature death.

This shouldn't surprise us, God made us to be relational – as early in the Bible as Genesis 2, God declares that it's not good for man to be alone, and so it's no wonder people are dying of loneliness in our ever-disconnected society.

Recent research from the University of Glasgow has revealed that as little as one visit from a loved one every month can increase a lonely person's lifespan. But not everyone has loved ones living nearby, and the reality is that some older people go weeks without talking with others.

Pubs and other community hubs play a vital role in helping lonely people feel connected. A Dutch supermarket has introduced slow checkouts for lonely older people who want someone to talk to, and I see first-hand in my local supermarket here in the UK how these connections bring much joy to older people.

But of course, many of these interactions are brief, surface-level, and in-the-moment. It's in the church that people can be fully known and embraced into a loving family, find purpose, experience belonging, and be introduced to the ultimate eternal solution to loneliness, Jesus Christ.

Churches and Christian communities are well experienced and biblically motivated to welcome the lonely, and regardless of the original intention behind most seniors' ministries, we know that helping people to feel less lonely is a key outcome of their endeavours.

And it's not just the guests who benefit. In church, Christians of all ages and abilities can be engaged in ministry work, living out their lifelong and irrevocable call to make disciples, being part of a team, making friends across the generations, growing in their relationship with Jesus, and reducing their own loneliness in the process.

In a society that's crying out for human relationships churches have an incredible opportunity to throw the doors wide open throughout the week, to offer hospitality, friendship, and an introduction to the Good News of Jesus.

We see many churches do just that, welcoming older people into church on Sundays, and again on weekdays for special seniors' events, coffee mornings, Alpha courses, craft groups, and Warm Spaces. I've recently heard of two widows who discovered a knitting group at their local church – these two are now firmly part of the group where they've found friendship, purpose, and something wonderful to look forward to each week.

Some churches also offer telephone befriending opportunities, home visits, and worship services in care homes for those who can no longer come to church.

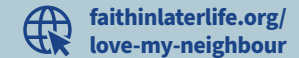
Our work at Faith in Later Life is in part to mobilise churches to combat the loneliness epidemic among seniors, and so we equip churches to do this lifegiving work as well as possible through our network of 1000 Church Champions by providing resources, training, support and prayer.



Love My Neighbour

'Love My Neighbour', running from November until the end of March, is a simple campaign to remind and encourage us all to connect with our older neighbours this winter. It starts with praying for our older neighbours, finding out their names, then perhaps popping by for a chat and sharing our stories with them, and asking them about theirs. Why not ask God to show you how you might love your neighbour and help reduce loneliness this winter? You could be a real lifesaver!

To find out more about the campaign, visit:



Daily Hope

Faith in Later Life is also delighted to offer the free phone line service Daily Hope (available any time, on **0800 804 8044**) to support older people, especially those who are not able to participate with church life in person, and who are not able to access online provision.

Reflections on ageing

With 1st October designated by the United Nations as the International Day of Older Persons we decided to ask some of those living in our housing schemes what it means to them to be older

“Being old fills me with gratitude to God for His abundant love and His many blessings over these many years. After a long and busy life, it has been a joy to live in Strathclyde House for the past nearly eight years.

“The fellowship here and the pleasure of meeting new friends while also having more time to spend on my own in God’s presence every day is a particular blessing.”

Margaret, 95,
Strathclyde House,
Skelmorlie



“It’s hard to say about being old because I am oldish but don’t always feel old. I know there are many things that I am unable to do that I used to do when younger, but there are many people much younger than me who can’t do them either.

“Yes I have to take a lot of medication to help me through the day and night. My eyes need drops at night to help with glaucoma.

“Mark you, there are many upsides to getting old like free prescriptions, which could take a lot of your pension, and free travel on buses and trains.”

Peggy, 87,
Homesdale,
Wanstead, London



“I don’t regard myself as old but my body and mirror tell me otherwise!

Loss... Limited mobility but having travel cards is a boon for shopping, appointments etc. Losing family and friends is painful but as a Christian I have a hope beyond this life.

Acceptance of my limitations... For example, travel is limited but I enjoy using the internet to speak to friends far and near, as well as using Google and YouTube.

Time... More time to read, reflect, pray, go on short walks in the nearby park, to breathe in fresh air and enjoy nature’s colour and changing seasons. Time to declutter and pass on items collected from my travels. Time in the sheltered accommodation to meet friends/tenants at social events, services and weekly exercises.

Faith... Is important to me and my church family who are helpful, caring and looking out for me. My times are in God’s hands.”

Dorothy, 85,
Homesdale,
Wanstead, London



“88 years old? You’re joking! How can it be? When was it my back became bent? My knees stiff and painful? My legs are often wobbly now and my balance is very uncertain. My fingers are no longer flexible and my hands are weak. I haven’t lost my wits but memory is slow to function. The things I can’t remember

of my eight decades are legion.

“Little things please me – a small bunch of flowers, chocolates, a surprise visit from friends. Blessings surround me: a comfortable flat, help with life’s necessities, and food which I eat with amiable companions. My local church members encourage me greatly.

“Best: soon I shall be ‘at home with my Saviour’ and never be old again.”

Beryl, 88,
Finborough Court
Housing, Great
Finborough



“What are the advantages of being old? A lovely apartment in a Christian environment with Andy and his team looking after us, optional devotions and social activities with others in a rural setting.

“Days of quick breakfasts, hurried devotions, dressing smartly and rushing to work are a distant memory, time and lack of routine are a bonus. The grandchildren do not need baby-sitting, school runs etc. anymore and, in fact, care about us now, but will still ask advice. We have time to think, pray, discuss, before making a sensitive phone call or sending a WhatsApp.

“The pressures on youngsters seem immense, we are relieved not to be of that generation. We try to keep up with technology but can always play the “Helpless Grandparent” when necessary. A Nice Young Man brings groceries to the kitchen.

“Free bus passes, eye tests, prescriptions, no mortgage means we can treat ourselves and others.”

Jeannie, 73,
Pilgrim Gardens,
Leicester



Some collective musings from folk living at Dorothea Court, Bedford

The Changes Age brings...

Positives:

- More patience with others
- More spare time to enjoy others’ company, hobbies (knitting, jigsaws, puzzles)
- Finding joy in simple things like: God’s creation – the colours, the trees and flowers, the joy of sharing and laughing with others
- Finding contentment, accepting our situation

The blessings:

- No longer having to travel great distances
- People showing more concern and consideration, especially if we need the help of a stick or a walker
- We feel more appreciative towards younger people
- We realise how important our families are to us
- We no longer feel the need to conform to the everyday pressures of the world (i.e. Keeping up appearances – it doesn’t matter if your shoes don’t match your dress! Reminds us of the poem ‘Warning’ by Jenny Joseph which begins with the line ‘When I am an old woman I shall wear purple’)

The future:

- No longer worrying over things far away as we realise this is all in God’s hands
- It’s our families’ futures we pray about

The sound of *silence*

Alexandra Davis, Director of Marketing and Communications at Pilgrims' Friend Society, explores lack of conversation about social care during the election and considers what we can do about it

After all the drama of a surprising summer election, life is beginning to settle down under the new Labour government. We've got used to having a new Prime Minister in Sir Keir Starmer, we've familiarised ourselves with the names of the new Cabinet, and perhaps we've signed up to receive newsletters or followed the social media profiles of our newly (re-)elected MPs. It's back to business in the world of governing.

As you probably know, at Pilgrims' Friend Society we're very concerned with the issue of social care, so we were disappointed that there was almost little mention of it in the election campaign. Even more disappointingly, there was no significant mention of it during the first days of the new government as the Labour

Party began to announce some early decisions, measures, and initiatives. This is frustrating - surely as one of the defining challenges of the current age, social care deserves a proper place in our national political conversation?

In my mind, the near silence on the subject means one of two things: the new government has no better idea about how to solve the crisis in social care than any of its predecessors, or it has a big plan which it expects to announce in due course. In all honesty, I suspect it's the former. And I feel a degree of sympathy for them given how intractable and impossible it seems to be to find a solution that's affordable and palatable. However, it's also deeply frustrating that a problem that's been staring us in the face for decades seems to have been, once again, avoided.

What we do know about the new government - and what they told us on repeat during the election campaign - is that there is a steely-eyed focus on delivering economic growth. We know that increased public spending is not going to be easy to come by and that means we know that it is very unlikely that there will be a significant funding package for the social care system in the near future.



So, we can write off just pumping funds into the system, which means we need to be bracing ourselves for its reform instead.

Reform of the social care sector is not a new concept, and almost all of us involved in it are supportive of the idea of change, if it ensures that vulnerable people get the care and support that they need when they need it, and that those providing those services can be paid fairly for the work that they do. We know at the moment that there are wonderful people working incredibly hard to achieve all of those things but struggling under the weight and complexities of a system that no government wants to own or take responsibility for.

At Pilgrims' Friend Society, part of the reform that we'd like to see is about how we think about social care, rather than just about how the sector is funded. Our document, Empowering Communities to Care, which we shared with supporters, partners, and friends earlier this year, outlines a different way of thinking about social care: we put communities at the heart of the social care system because we can see that this is where so much work is already being done.

This does require a re-framing of thought around social care because we want to highlight the power of what's happening "on the ground" rather than continuing on with the historic "top down" approach to structuring

social care. By championing volunteers, encouraging extra engagement by private and third sector parties, integrating delivery of services and provision, and giving more legitimacy to community entrepreneurs, we could see a very significant shift in how the social care sector works.

As we head into Autumn, we're going to be talking more about Empowering Communities and trying to engage our new government with this different approach to social care sector reform. We hope that this work can help unlock some new ways of thinking, new partnerships and collaborations, new networks which can form part of a solution to our social care crisis.

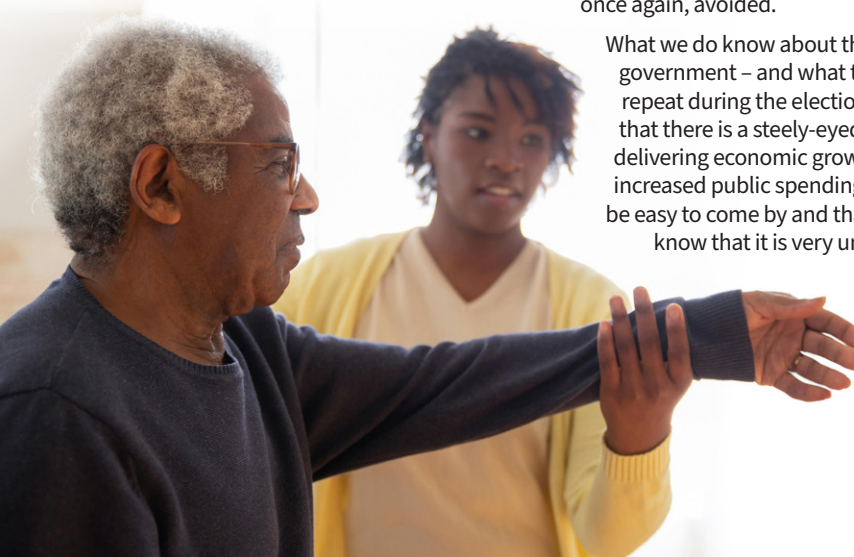
We would be so grateful if you were to support us in this. Please do pray for the Empowering Communities work, that it would find the right people and begin to be able to shape thinking. Please do also share the document with your local MP and encourage them to be an advocate for social care reform during their parliamentary career.



You can download a copy from our website here:

www.pilgrimsfriend.org.uk/empoweringcommunities

or you can get in touch with us in the office and we'll send you a hard copy in the post.



My Story: DAVID

As a child, David was evacuated from London to Berkshire. Now 97 and living at Framland, he shares an extract from his memoirs of his experience as a wartime evacuee



“My life changed drastically on Friday 1st September 1939. The British ultimatum had been delivered to Hitler, and he had 48 hours to comply. Nobody expected that he would, and preparation for war was going apace. We had all said our goodbyes at home that morning before we set off for school. Now imagine a long line of boys, all in uniform, the youngest aged 11 and the oldest 17. I was 12 and a second former. The crocodile was making its way along Kennington Oval towards Vauxhall railway station. Masters and prefects were acting as controllers, and the whole event was orderly and sober, and there were no weeping mums waving goodbye to a disappearing train, often used on the media today.

Where are we going? Nobody knew, or if they did, they were not saying. Each boy had a few prescribed personal belongings in a small haversack, marked in indelible ink with the code ‘H30’, the school’s identity number. The obligatory gas mask in its cardboard box was the only other item of luggage. Like thousands of other London children, we were leaving to be safe from the expected air raids.

A Southern Electric train pulled into Vauxhall station. We heard the order “get in”. Soon the train was on its way to Clapham Junction. We got out after a few minutes of sorting out the original groups, we moved on to a different platform. Another train came in, and everyone was quickly aboard. After a number of stops, the order “All out here” was heard, and we reassembled in the station yard. “Wokingham? Anybody know where this is?” Certainly, among the younger boys, nobody had the faintest idea, although we discovered fairly quickly that we were only a few miles from Reading.

A fleet of buses was lined up in the station yard and we all got in. Group by group, boys got off under the direction of a master. When our turn came to get off, it was at the top of a long straight road – Reading Road, Woodley. We walked down the road and, mostly in pairs, were sent into allocated houses. The group got smaller until there was only one bungalow left on the list, but there were still two boys (me and a boy named Alan) and two masters with their wives. The elderly couple took us all in. The masters and their wives got the two available bedrooms, and we boys got the

lounge floor. Two weeks passed before we were moved two doors up the road to another house, to a home with a young couple and their little boy.

The first thing we were told to do after finally arriving at this unknown place was to send a pre-stamped postcard to our parents, giving them our address. Mine went something like this: ‘Dear Mum and Dad. I am OK. Please send me a postal order, because I shall need a bit more money. Love, David.’

We had plenty of spare time during this school year, because the only place that could be found for us to receive lessons was the local school, Woodley Senior School. The local children used the buildings from 9am to 1pm, and we used them from 1pm to 5pm.

Looking back, I realise how hard our headmaster must have been working to get some reasonable facilities for us. We were finally told that the next September (1940) we would be moving to South Lake House, a

large house set in a private park in Earley. The house and lake were surrounded by land enclosed by a high fence to provide a sanctuary for water birds.

All these events took place, for me, against a background of continuing difficulty concerning my billets. In December 1939 we were moved to Mrs Collins. This was a real comedown. The house was dirty and dingy. There was no electricity, lighting being provided by gas mantles downstairs, and by candles upstairs. Our room was very small, and our bed was two Great War-style wood and canvas camp beds tied together with string, and there was no mattress.

Soon after this move, we were plunged into an extremely cold wintry spell and we town kids felt it very keenly. We did not have enough bedding and we used to put all our clothes on top of the thin blankets we did have in order to be warm enough to sleep. The ice on the inside of the window was very

thick every morning, and on one occasion I lit our candle to try and thaw it, only to set the apology for a curtain on fire! It was, however, so wet with condensation that I had no difficulty putting the fire out...

Things did improve for David. He moved to another host for a few months, before finally landing with a couple, Mr and Mrs Young, where he lived happily for the next five years.



David with a photo of Big Ben that he took on VE Day

Gift FORM ...CONTINUED



My details

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

Full Name

Address.....

..... Postcode

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

Gift Aid

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

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

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

For us to claim Gift Aid, it is essential that you complete the address section above. Please notify the charity if you change address or no longer pay sufficient tax on income and/or capital gains.

I would like to receive email updates from Pilgrims' Friend Society with information about the charity's work and ways to support in prayer.

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

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

Autumn 2024



Don't forget
You can also make a donation via our website. Please visit:
www.pilgrimsfriend.org.uk/autumn2024

Help older people enjoy *precious moments* in their golden years



£52
provides flowers &
materials for a flower-
arranging activity

£75
sponsors a visit
from a choir or
music group

£254
covers a trip out for
12 people in a
minibus

Yes! I would like to give a gift

One-off gift

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

£52 **£75** **£254** **£**

Amount in words:

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

A regular gift

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

To: (Name of bank/building society)

Address of bank

..... Postcode

Account No. Sort Code / /

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

£ Amount in words:

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

Signed Date / /

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

Visit: www.pilgrimsfriend.org.uk/autumn2024



CONTINUES OVERLEAF...

Contact details

**PILGRIMS'
FRIEND
SOCIETY**

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

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



www.pilgrimsfriend.org.uk/care-homes

www.pilgrimsfriend.org.uk/housing-schemes



**Carey Gardens,
KIRBY MUXLOE**

0300 303 8455

carey.gardens@pilgrimsfriend.org.uk



**Dorothea Court,
BEDFORD**

0300 303 1490

dorothea@pilgrimsfriend.org.uk



**Emmaus House,
HARROGATE**

0300 303 8450

emmaushouse@pilgrimsfriend.org.uk



**Emmaus House,
WHITEHAVEN**

01946 591362

emmauscumbria@pilgrimsfriend.org.uk



**Evington Home,
LEICESTER**

0300 303 1455

evington@pilgrimsfriend.org.uk



**Finborough Court,
GREAT FINBOROUGH**

0300 303 1450

finboroughcourt@pilgrimsfriend.org.uk

(care home) or
housingmanager.finborough@pilgrimsfriend.org.uk (housing)



**Framland,
WANTAGE**

0300 303 1470

wantage@pilgrimsfriend.org.uk



**Homesdale, Wanstead,
LONDON**

0300 303 8485

homesdale@pilgrimsfriend.org.uk



**Koinonia Christian Care Home,
WORTHING**

0300 303 8480

koinonia@pilgrimsfriend.org.uk



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

0300 303 1495

luffhouse@pilgrimsfriend.org.uk



**Middlefields House,
CHIPPENHAM**

0300 303 8470

middlefieldshouse@pilgrimsfriend.org.uk



**Milward House,
TUNBRIDGE WELLS**

0300 303 1460

milward@pilgrimsfriend.org.uk



**Pilgrim Gardens,
LEICESTER**

0300 303 8455

andy.harrison@pilgrimsfriend.org.uk



**Royd Court,
MIRFIELD**

0300 303 1480

roydcourt@pilgrimsfriend.org.uk



**Shottermill House,
HASLEMERE**

0300 303 1475

shottermill@pilgrimsfriend.org.uk



**Strathclyde House,
SKELMORLIE**

0300 303 8465

strathclyde@pilgrimsfriend.org.uk

Or contact our Support Office:

 **0300 303 1403**

 **info@pilgrimsfriend.org.uk**