

The Pilgrims' MAGAZINE

WINTER 2020



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Christmas memories from our older people

SOWING GOSPEL SEEDS
Jill's missionary life in Brazil

CHRISTIAN CARE
Our radical vision
for renewal

**PILGRIMS'
FRIEND
SOCIETY**

PILGRIMS' FRIEND SOCIETY

Pilgrims' Friend Society exists to provide excellent care and support for older people, inspiring and encouraging them to live fulfilled lives in their later years. 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.

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News round-up

We look back on the past six months of happenings from across our homes and schemes

Living together in lockdown

“Social distancing? Not with Jesus!” This was the slogan adorning a colourful poster at Milward House, Tunbridge Wells, one of a series created by 94-year-old Ken to encourage fellow family members during the difficult lockdown period.

In recent months, we've seen many such examples of our communities pulling together. At Bethany Christian Home in Plymouth, Helen, who formerly worked as Activities Co-ordinator at the home,

created a 'Sunshine Box' filled with small gifts to brighten family members' spirits, while Gloria, a Carer at Bethany, gave out 'bear hugs' to those who were missing family and friends.

Those living at Royd Court, Mirfield – an area of the country

that has experienced successive local lockdowns – have taken great delight in spotting the latest bird to appear in a flock created by keen knitter Rosemary.



Many of homes and schemes joined in with our Prayer Week back in June. Pilgrim Gardens, Leicester, displayed prayer requests on a special prayer board and held an outdoor service with support from local churches. Next door, Evington Home held a service in the lounge, with one family member providing musical accompaniment on the piano.



Seeing loved ones

Visiting at our homes and schemes has looked a little different recently. Our priority has always been to keep those living with us safe. This has meant putting in place measures such as garden visiting and restricting visits to one named visitor, ensuring social distancing is observed. To help family members stay in touch with loved ones, our staff teams have been working hard to facilitate telephone and video calls. When Ivy, who lives at Leonora Home, Chippenham, turned 100, family sung 'Happy Birthday' down the phone. Jane, who also lives at Leonora, had a big party for her 106th, with family and friends joining in via YouTube.

(To read more about one family's experience see 'Residents' stories: Marian' on p.28).

Summertime fun

In the summer months, our homes got into the holiday mood. Framland in Wantage held a mocktail party, complete with inflatable palm trees, colourful Hawaiian leis and fancy masks. Cheers! It was all aboard for a boat party at Florence House, Peterborough. Chilled out tunes filled the air and passengers were treated to tropical fruits and cupcakes decorated with anchor-shaped icing. Emmaus House, Harrogate, took a trip to the seaside, tucking into fish and chips and ice cream cornets, and enjoying silly games like hook-the-duck. Leonora Home, Chippenham also headed to the beach, with family members sharing a (very realistic-looking!) sandcastle cake. Leonora also took an armchair trip to France, visiting the Eiffel Tour and practising their brush technique with a Monet-inspired painting class.

In other news...

Carey Gardens, a housing development scheme in Kirby Muxloe, has joined the Pilgrims' Friend Society family. The development was founded by the Kirby Muxloe Free Church Association and comprises 13 flats for those aged over 60.

Congratulations to Rachel Fishburne, Care Manager, at Finborough Court, who is celebrating 25 years working with Pilgrims' Friend Society.

We welcome two new home Care Managers onto our team – Yewande Dixon (Babi) at Shottermill House, Haslemere, and Christina Medway-Steel (Chrissie) at Emmaus House, Harrogate.

Neal Shelton-Green has also joined our Operations Team as Assistant Director of Operations (Commissioning). Turn the page to read our interview with him.

For more great stories, follow us on social media:

-  @PilgrimsFS
-  @PilgrimsFS
-  @pilgrimsfriend



Introducing... Neal Shelton-Green

Driven by the conviction that the church has a duty to care for its oldest members, Neal Shelton-Green has returned to the UK from Canada to join our Renewal Programme as Assistant Director of Operations (Commissioning). He shares why he is passionate about this area of ministry



Tell us a bit about your background...

I began as a nurse working in Eastbourne in adult and then paediatric nursing. I then joined the RAF as a nurse and moved to RAF Wroughton Wiltshire. After that, I trained in Swindon as a health visitor, taking on roles in education and management. I then moved to a local Sure Start Children's Centre where I managed a multiagency team.



Neal and family

How did you end up working with older people in Canada?

A desire to do something different as a family led my wife Lynne and I and our five children to relocate to Vancouver in 2007. Here, I worked as a nurse among people living with HIV, many of whom were impacted by poverty and homelessness. In 2013 we relocated to the Okanagan region of British Columbia where I worked as a nurse with Baptist Housing and managed a team planning care for older people. This led to me managing two 'campuses of care' for faith-based organisations – Smith Creek Village (Baptist Housing) and Mountainview Village (Good Samaritan Society). A campus of care is where older people with differing needs can live. These campuses had strong connections to their local churches, with lots of opportunities for inter-generational ministry to take place.

Why did you decide to take on this new role with Pilgrims' Friend Society?

We were always challenged about returning to the UK at some point to be close to family. When I heard about this role, I felt very drawn towards it. I am committed to working in the care sector, serving those who are in a position of vulnerability and cannot necessarily communicate or meet their own needs. I have a strong theological conviction that we should be caring for and honouring our believing elders. In the modern world, generations are increasingly divided and older people can become isolated. In the UK there is a long Judeo-Christian tradition of caring for our older members. I'm excited by the role the Renewal Programme could play in rekindling this.

Older people have so much to offer, in terms of talent and wisdom and life experience. Through my work in Canada, I have seen the joy that comes from different ages working together. For example, one year, older residents and local children put on a nativity play together. Jesus was a newborn baby and Mary was played by an 85-year-old woman. It was quite something to see! Through the Renewal Programme, we have a brilliant opportunity to create lovely modern spaces where older people can both live and be involved with community life.

What will your role involve?

One of the first projects I'll be working on is Middlefields House in Chippenham. In the coming weeks and months, I'll be recruiting a new staff team and managing the moving in of new residents. I'll also be helping to develop plans for the building of further new care homes, from finding locations to getting the financial support in place and liaising with local authorities.

Neal would love you to pray

- That God would draw together a staff team for Middlefields House who have both the spiritual convictions and the practical gifts needed to serve people
- That we can find the right locations for our new homes
- That churches would want to partner with us in serving the older people who live in their communities.

Find out more about our Renewal Programme on p.12.

“Do not cast me away when I am old; do not forsake me when my strength is gone”

Psalm 71:9



Christmas memories

Those living in our homes and schemes share treasured memories of times gone by...

"We had Christmas stockings and little oranges and nuts. There was carol singing and bells ringing out on Christmas morning." – **Audrey, 94, Framland, Oxfordshire**

"When I was young, we relied on candles and oil lamps to light the house. One Christmas, our tree had been decorated with cotton wool and candles and I noticed wax dripping down. I called to my parents to tell them, and my mother said it was all right. Then the tree went up in flames. Mother ran past me and outside shouting, 'fire, fire!'. Shortly afterwards, a fire engine arrived." – **Betty, Bethany Christian Home, Plymouth**

"I always used to help my mother. We made our own Christmas puddings. They were put in a large white bowl, covered with cloth and tied with string.

Mother made about five and she put them in the copper to boil." – **Margaret, 95, Evington Home, Leicestershire**

"I remember party games with my sisters, chapel carol services, nativity services with the children, and male voice choirs." – **Margaret, 94, Framland, Oxfordshire**

"The church Christmas party was always the highlight." – **Beryl, 90, Shottermill House, Surrey**

"There was the gorgeous smell of chicken wafting from the kitchen and reaching every nook of the house and paper chains made by children hanging everywhere." – **Pat, Bethany Christian Home, Plymouth**

"I was back home in Jamaica. It was a special time, eating and making merry, talking and dancing. We always got a new set of clothes at Christmas and I still have a shirt somewhere. It would be fifty years old now because my nephew used to give me a shirt as a gift and that was from when he was two years old. His dad bought it so that he could give it to me. I wore that shirt twice then kept it so it didn't wear out. It is even more precious to me now as my nephew died about 16 months ago." – **Rupert, 89, Evington Home, Leicestershire**

"During the war, we had some American soldiers camped near us and they invited us to their Christmas party – that was very exciting!" – **Isabelle, 89, Evington Home, Leicestershire**

'I remember... Christmas'

Those living at Pilgrim Gardens, Leicestershire, put together a collective Christmas memories poem. Here are some of the lines:

"I remember finding three-penny silver pieces in the Christmas pudding"

"I remember kneeling on the end of my huge bed, at my grandparents',
And looking out at the stars and wishing an angel would take me to Bethlehem so that I could see baby Jesus"

"I remember when I was Mary in the nativity play at school and at church,
There was a real baby as Jesus and I thought I would drop him and I nearly did"

"I remember one Christmas when Mum and Dad said there would be no Christmas dinner and presents as there was not enough money so we prayed about it,
Later on there was a knock at the door and it was someone with a turkey and everything else"

"One year, Mum was given a cookery book. In it were the instructions to make a large bun with a decoration of a swan made of icing on the top. Well this bun became a bit of a family joke because... let's just say it didn't resemble a swan very much!" – **Barbara, 89, Evington Home, Leicestershire**

"I remember waking up and finding next to my bed was a little cot, decorated by my mother. Inside was this beautiful little baby. My sisters, unbeknown to me, had knitted the clothes for it." – **Audrey, 93, Evington Home, Leicestershire**

"We used to look up the chimney to see if we could see Father Christmas. Dad always gave us whipped cream walnuts as a special treat on Christmas Eve." – **Sheena, 89, Shottermill House, Surrey**






Jill giving a lecture in one of the classrooms



Antonio and his family




Staff quarters at the WEC Missionary Training College



Walking around neighbourhoods preaching



The WEC Missionary Training College



From Jill's early years in Brazil, 1964-1974

Life stories: Jill, Pilgrim Gardens

After 35 years planting churches and training future missionaries in Brazil, Jill Chapman is now living at Pilgrim Gardens, Evington. She told her story to Kaela Dutton, our Marketing & Communications Coordinator

At 15 years old Jill heard the call to become a missionary as Billy Graham preached in Haringay, London. At first, she resisted and, adamant not to leave the UK, spent five years wrestling with her calling, while becoming a teacher and leading a normal life.

However, one afternoon reading a devotional, the words "go, obey" leapt from the pages. Jill recalls, "I knew I could no longer ignore God prompting me into life as a missionary."

Aged 22, she attended a two-year biblical training course led by Redcliffe Bible College and was 25 by the time she arrived in Brazil in 1964. Little did Jill know she would stay for 33 years.

For the first 10 years Jill worked with local communities, travelling only by foot to share the good news of the gospel. She served closely alongside an Australian nurse, Joan. Jill reflects fondly on her role in the safe arrival of hundreds of babies in tiny villages with no electricity – she held a torch so Joan could see!

Some of Jill's most cherished memories are of those first 10 years in Brazil, working with deacons Cicero and Antonio. She led Sunday school lessons, teaching the stories to children, and still excitedly recalls them reciting all the books of the Bible, the youngest being just under four years old.

Alongside her fellow missionary, Jill would visit homes and market squares to preach and play music. Most of the onlookers were men who had come to spend their wages at the market. Some of those men became part of the congregation. Jill recalls how different life was, "The villages were very dangerous places to live so men having a weapon to defend themselves was the norm. Many would bring their guns and knives to church, it was a very normal part of life, like wearing a hat."

Alongside four other missionaries, Jill helped purchase the land on which to build a Bible school in Montes Claros. At first, the base offered informal three-year courses with an intake of up to 15 students per year, but Jill still needed a MA in Biblical Studies to help set up the WEC Missionary Training College offering a BA in Biblical Studies.

She left Brazil to study at the University of South Carolina, and returned 12 months later to become a teacher in the WEC Missionary Training College. Jill loved every graduation day, rejoicing as students departed with the tools to share the good news in other lands.

She committed a significant portion of her life to this work, and though Jill has since settled back into life in the UK, she has returned to see the growing project she helped establish in Brazil all those years ago.

Looking back, her message for those who have heard the call to mission is clear, "Whatever God tells you to do, do it – He only has the best plans for us."

She now serves as a Deacon at her church, Oadby Baptist Church, and shares life with her Pilgrim Gardens family. Having not seen a fresh, green lawn for much of her 30 years in Brazil, tending to the beautiful communal flower beds at Pilgrim Gardens is a delight, and a wonderful blessing to her neighbours.

Perhaps her approach to mission has encouraged her to seize opportunities when they first present themselves. "I think people leave it too late to move to a place like Pilgrim Gardens," she says. "I am so pleased I was able to move when I did. It's wonderful to be able to contribute to a community."




Jill has revisited Brazil



Read more about how Jill's green-fingers are a blessing to Pilgrim Gardens:
www.pilgrimsfriend.org.uk/news/pilgrim-gardens-lives-up-to-its-name

Building for a future of CHRISTIAN CARE

Our Renewal Programme is an ambitious £46 million project which will include the building of six new state-of-the-art care homes over the next ten years. Maureen Sim, our Director of Operations, and Andy Walsh, our Director of Property Services, shared the vision behind these plans. WORDS: Helen McKay-Ferguson

Back in 1807, a group of believers were shocked when they discovered some older believers living in pitiful conditions, with some 'so distressed as to be almost starving with hunger, and destitute of clothing or any bed to rest their infirm limbs except a little straw on the floor'. They resolved to care for their older brothers and sisters in a Christ-like manner and our organisation, then named The Aged Pilgrims' Friend Society, was formed.

While times have changed, our vision to care for older Christians and provide them with opportunities to live fulfilling lives remains at the heart of our organisation. "As Christians, we have a duty to ensure that people in old age



are shown the respect and have the dignity they deserve," says Andy Walsh, Director of Property Services. "We are all made in God's image and that doesn't change with age or condition. We are called to serve our older brothers and sisters."

The built environment can have a big impact on how we care. "We recognised some time ago that we had aging properties," says Maureen Sim, Director of Operations. "Our prospective residents and their families are looking for high-quality, well-presented buildings, as well as a high standard of care. The expectation today is for good-sized bedrooms and en-suite facilities, which many of our older properties don't have."

The homes planned as part of the Renewal Programme will replace some of our older properties and increase our capacity to care for older people who want to live in a Christian community. Some of our existing homes will also be refurbished. Middlefields House, Chippenham, is the first major project to be undertaken, due for completion in Summer 2021.

Caring for all

As the aging population increases, so does the demand for high-quality care. As an organisation, we are also caring for increasing numbers of people living with dementia. To help ensure we meet their needs, the development of our new buildings will be informed by research from the University of Stirling's Dementia Services Development Centre, renowned in the field of dementia care.

"Research shows that the best way of caring for older people is in a small-scale domestic environment," says Andy. "When you bring down the scale, it encourages engagement, and staff build closer relationships when there are fewer people to communicate with."

In light of this research, Middlefields House has been designed to accommodate 48 residents split across four separate households of 12, with each household feeling like its own family. Two of the households will be specially designated to care for those living with dementia.

"Big spaces that are loud and noisy can be very distracting and upsetting for people with dementia," says Andy. "For this reason, we've placed the catering kitchen and the laundry area away from the spaces where people will live."

Instead of having just one big central lounge, the households at Middlefields House have been created with a number of smaller areas that can be used for different activities.

"There is nothing worse than going into a care home where people are just sitting around in a circle all day, with the TV blaring out," says Maureen. "We all like to have people to do things with and in our homes we make sure there are the staff and spaces to make this possible."



Homely features, such as fireplaces and kitchenettes, and outdoor spaces that are easy to access, will help older people feel connected.

"Laying the table before a meal, making and serving cups of coffee, or going out to potter in the garden, these are things older people have always done," says Maureen. "We encourage people to get involved in these kinds of 'family' routines as they help people feel at home and bring back familiar memories."

As the coronavirus pandemic has highlighted, good infection controls are of paramount importance. Having separate households means they can be isolated should any kind of infection break out.

"the
best way of
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scale domestic
environment"



Dementia-friendly surroundings

The décor of our new buildings will support those living with dementia. This will mean paying close attention to the types of flooring – for those with dementia, dark and light colours placed next to each other can give the appearance of a gap or obstacle, causing alarm. In order to promote accessibility, doorways will be painted in colours that contrast with the door.

One household for those with dementia at Middlefields House will have a twinkling ceiling to provide a calming space. The site will also include a Dementia Walk. This winding pathway between flowerbeds – with the occasional bench for those resting – will provide space for those with dementia to wander without experiencing the frustration of dead-ends. Colourful and sweet-smelling flowers and bushes will support sensory engagement.

Community connections

At Middlefields House, a community hub is being built, comprising a café, a hairdresser's, a 'winter garden', and a children's play area. Those living with us can visit this hub, to meet family and friends, or simply sit and watch the world go by.

"When people get older they can lose touch with their local community," says Andy. "We want to provide opportunities for them to feel part of things."

We're also praying that local people will see the hub as a space for them, with some perhaps even coming to work or volunteer at the home.

Watch our fly-through video of Middlefields House:

 www.pilgrimsfriend.org.uk/middlefields-house



Spiritual life

Spiritual life will be central to our new homes. "For the majority of people that we look after, church, Bible study and prayer meetings have been a large part of their lives," says Maureen. "We don't want them to lose this."

As well as spaces within the households for daily devotions, Middlefields House will include a larger central meeting room where services, for example Communion or to mark Christmas or Easter, can take place.

We're also hoping that volunteers from local churches will partner with us, to share their skills through activities and provide spiritual support. All volunteers will receive training. "We sometimes find that churches struggle to support those with dementia because they don't know what to do or say. They can be quite fearful of it," says Maureen. "We have a lot of expertise in this area we can share."

Next steps

With plans for Middlefields House well underway, our thoughts are turning to the locations for our further five new homes. As ever, we'd value your prayers as to where these will be and how we might work with local communities to bring these plans to fruition.

Could your loved one come to live at Middlefields House?

To find out more, contact Neal Shelton-Green on

 0300 303 8428

 neal.sheltongreen@pilgrimsfriend.org.uk

DAILY PRAYER

Guide



"Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."

Ephesians 3:20-21

How you can pray for our work

PILGRIMS' FRIEND SOCIETY

PULL OUT AND KEEP



Thank YOU

We are so grateful that you are joining with us in prayer.

Everything that we do at Pilgrims' Friend Society, whether that's in our care homes or housing schemes, or in our support teams, is rooted in prayer.

Since the outbreak of the pandemic in March, we've been praying together on Zoom every morning and we've often reflected on the Psalms. We have returned to Psalm 103 several times as we have praised God in the depth of trouble and trial, and been reminded of His enduring goodness and kindness.

Here's how you can be praying to support 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.



“Praise the LORD, my soul; all my inmost being, praise His holy name”

Psalm 103:1

Sundays



Bethany Christian Home, Plymouth – Emma Hughes

Emmanuel House, Harrogate – Christina Medway-Steel

Carey Gardens, Kirby Muxloe – Mandy Smith



Those living in our homes and schemes

Thank God for those living with us. Pray that they would experience God's goodness and find flourishing in the day to day.



Care teams

Thank God for our wonderful care teams. Pray that they would continue to care with love and compassion and pray for strength to face ongoing challenges.

Mondays



Evington Home, Leicester – Jeanette Davis and Richard Cowlshaw

Dorothea Court, Bedford – Evelyn Bissell



Our catering, maintenance, and administration teams

Thank God for our support teams. Pray that they would be encouraged as they carry out the essential work that they do within our communities.



The impact of coronavirus

Thank God for His presence this year. Pray that He would continue to protect the vulnerable and sustain those working and serving in difficult circumstances.

Tuesdays



Finborough Court, Great Finborough – Rachel Fishburne, Jonathan Dorrington and Sylvia Humm

Pilgrim Gardens, Leicester – Mandy Smith



Activities Facilitators in our homes and schemes

Thank God for our brilliant Activities Facilitators. Pray that they would be inspired as they oversee stimulating and interesting activities.



Renewal Programme (see more on pp.6-7 and 12-14)

Thank God for the excellent progress at Middlefields House. Pray for opening the home, and for the next steps of the Programme.

Wednesdays



Florence House, Peterborough – Judith Lathey

Royd Court, Mirfield – Vicki Miller



The Operations Team overseeing our homes and schemes

Thank God for those who support the practical work that we do. Pray for encouragement and strength as they travel and help our teams.



Church and community engagement

Thank God for the churches which support our work in prayer, volunteering and giving. Pray for Ruth Ranger's work in Chippenham and for Faith in Later Life.



Thursdays



Framland, Wantage – Beth Kneale

Pilgrim Care at Royd Court, Mirfield – Abi Jessop



Our Finance, HR, and Communications teams

Thank God for those who work in our central support teams. Pray that they would continue to work well remotely.



Our IT project

Pray for our new technology project, that it will help us all work even more efficiently and effectively, and for excellent staff training.

Fridays



Leonora Home, Chippenham – Gaie Marshall and Jackie Bridgen

Strathclyde House, Skelmorlie – Ruth Broomhall



Volunteers

Thank God for all our volunteers. Pray that they would be able to continue to support the work in the ways that they can this year.



Giving

Thank God for His faithful provision. Pray that He would continue to provide financially, and that He would prompt new supporters to give to the work.

Saturdays



Luff House, Walton-on-the-Naze – Rosie Ely and Sharon Rowley

Milward House, Tunbridge Wells – Annabelle Purdie

Shottermill House, Haslemere – Yewande Dixon and Mike Beere



Directors and trustees

Thank God for the leadership team. Pray that they would continue to work well together and confidently discern God's direction for the organisation.



Families and relatives

Pray for those whose loved ones live with us, that they would be comforted by knowing how well supported their loved ones are while visits are limited.



Louise ANSWERS



Louise Morse is a writer and speaker for Pilgrims' Friend Society. She is also a Christian counsellor and cognitive behavioural therapist. Each issue, she offers advice on how to approach challenging issues

Q “My mother, who has dementia, has always resisted the idea of living in a care home but I’m struggling to care for her. What should I do?”

A The question has two parts: 1) how to prepare her mother for living in a care home and 2) how to help the daughter (let's call her Sally) cope with the current situation.

The first part reminds me of Kenneth, who also had dementia, who went into our Leonora Home, Chippenham for respite care so his son and daughter-in-law could have a much-needed holiday. At the end of the first week he asked his pastor to tell his son that although he appreciated his care and love he wanted to live permanently in the care home. He enjoyed the company of others and felt secure.

Arranging respite care is a good way of familiarising an older person with the care home. Feeling at home is particularly important for someone with dementia, as a main symptom is often feeling ‘adrift’ and not at ease.

Another way is to visit to attend an activity at a home. For example, Sally and her mother may like to attend the home's worship service or one of its activities sessions. Activities Facilitators are ingenious and come up with a range of engaging themes, for instance, painting, baking, or flower arranging. There

will also be other events, such as summer garden teas, or a music group will visit.

Given the coronavirus pandemic, there may currently be restrictions on visiting. The best thing to do is to call the manager of the home to find what is possible. Even if you can't visit, a phone call help you find out more about the life of the home (see p.31 for Contact Details).

In the meantime, caring for a parent with dementia at home means putting in place good support systems, even before they are needed. In talks that we give on the topic to faith groups and churches we show a diagram called ‘circles of support’. It's a Venn diagram with overlapping circles that are headed social care, medical care, friends, family, and church. Drawing the diagram helps you think about what is available to you, what you need to put in place, and who you can be talking to right now. Take some time to think it through – what do you need from your friends, and family for example? How can your church help?

Louise's meetings on Zoom explore topics affecting older people. Register your interest: ✉ louise.morse@pilgrimsfriend.org.uk
Put ‘Zoom Meetings’ as the subject.



MORE WAYS TO PRAY: Our monthly Family News email contains all our latest prayer updates, plus details of happenings from across the organisation.

Sign up online at: www.pilgrimsfriend.org.uk/forms/stay-in-the-loop

Leaving a legacy: one man's story of God's recycling process

Life as a Home Visitor at Evington Home, and on the Committee at Wellsborough Pilgrim Home, inspired Richard Champness to pledge a legacy gift in his Will to Pilgrims' Friend Society. Alexandra Davis chatted to Richard to find out more

When I got in touch with Richard Champness, 81, I was thrilled to receive a prompt email back accepting my invitation to chat and suggesting that we FaceTime as Richard is usually accompanied by his "trusty iPad". As the video call began, with me in my spare room in south east London and Richard at home in Lancaster, we quickly fell to chatting about Richard's passion for the work of Pilgrims' Friend Society and his decision to leave a legacy in his Will to the charity.

Despite having grown up going to church and knowing through that time that God was near, Richard did not come to a living faith until he saw the love of God in action as an adult. Richard's wife Geertje, who he met when he was running walking tours on Dartmoor and she was a cook learning English, was diagnosed with cancer when she was pregnant. After a Christian doctor visited and prayed for healing, and good medical care, Geertje was healed from cancer when their baby son, David, was very young. "God said He cared, and He did. It was amazing grace," says Richard.

Richard and Geertje moved to Leicester and Richard began to visit the Evington Home from about 1970 onwards. "I started as an occasional visitor and then began to take services in the home before becoming a member of Home Committee at Wellsborough Pilgrim Home in Nuneaton, which is now closed," Richard told me. We calculated that he and Geertje, who died three years ago, have now been connected to the work of Pilgrims' Friend Society for 50 years!

"At Evington, I particularly remember one resident, a medical doctor, who really opened up to me. We would talk about his life, and he would play the piano and minister to the others in the home," Richard recalls. "The care I saw on many occasions was just lovely, practical and of a very high standard, but it's the loving care that supplements it which was just lovely".

Reflecting on his decision to leave a gift in Will to Pilgrims' Friend Society, Richard said, "It's not my money, it's the Lord's money." As a widower with no dependants and having been blessed by God financially, Richard is now looking to place that blessing somewhere else. Richard is particularly concerned for the welfare of older people in the North West where there are no Pilgrims' Friend Society homes. He has chosen to leave his gift to our Renewal Programme (see p.12 'Building a Future for Christian Care').

Richard understands the vision of our Renewal Programme, sharing with me from



Psalm 92:14 and the conviction that older people, our elders, should be honoured and encouraged to live fulfilled and flourishing lives in their later years. It's Richard's hope and expectation that the Lord will use the financial blessings he has been given to bless others as they age: "Legacies are part of God's recycling process – money recycled by those blessed by health and finances into caring for those who need it."

By pledging to leave a legacy gift in his Will, Richard is playing his part to make sure that Pilgrims' Friend Society can continue to offer Christian care to older people for years to come.

If you would like to consider leaving a legacy gift, visit pilgrimsfriend.org.uk/legacy or get in touch with Alexandra on 0300 303 8407 or alexandra.davis@pilgrimsfriend.org.uk

Three kinds of legacy gifts:

- A share of your estate after gifts have been given to loved ones
- A specific sum of money which you stipulate
- A specific item, usually of value

We recommend you discuss your Will and the type of gift you might like to leave to Pilgrims' Friend Society with your solicitor.



"It's not my money, it's the Lord's money."

Festive fun from Luff House

"I like that we're all holding hands. It makes it special, it's lovely."

Kitty, 96

This crafty Christmas wreath makes a lovely symbol of togetherness... Plus, we're pleased to bring you a scrumptious recipe with a special historical connection

This crafty idea provides an ingenious way to 'hold hands'. It could be fun to make with those you live with, or maybe even get members of your church family or those who live in your street involved.

Thank you to Faye, Activities Co-ordinator at Luff House, Walton-on-the-Naze, for sharing this idea, and the family members at Luff House for showing us how it's done.

Christmas wreath

You need:

- * Some thick paper or card in Christmassy colours
- * A cardboard ring shape for the base
- * Glue and scissors
- * A pencil or pen
- * Stickers/glitter to decorate
- * A ribbon (to hang)
- * Some willing participants

What to do:

- * Draw around everyone's hands – or they can do it themselves
- * Cut out the hands and stick onto the base so they overlap
- * Decorate and hang

Easy-to-make (no oven-time required!), these sweet treats make an ideal edible gift.

Date confection

Ingredients

- ★ 450g loose pitted dates
- ★ 225g margarine/butter
- ★ 170g caster sugar
- ★ 1 egg, lightly beaten
- ★ 1 packet (around 400g) plain biscuits (digestives or rich tea), broken into small pieces
- ★ 300g dark/milk cooking chocolate
- ★ Glacé cherries/walnuts/stem ginger for decoration (optional)

What to do:

1. Place the dates, margarine/butter, caster sugar and egg in a large saucepan.
2. Heat over a medium heat for about 10 minutes, stirring continuously. (The dates needed to be almost melted but do not overboil as you end up with toffee!).
3. Away from heat, add biscuits to the mixture. Mix well.
4. Press into a greased medium-sized baking tray. Leave to cool.
5. Melt chocolate in a heatproof bowl over a small saucepan of gently simmering water, stirring occasionally.
6. Spread chocolate over the top. Add the decorations (if using).
7. Chill in the fridge.
8. Once set, cut into squares.



Many thanks to Ruth Broomhall, Manager at Strathclyde House, Skelmorlie, for sharing this delicious recipe. It was passed down from her grandmother, Fragrance, who helped out in one of the care homes set up by evangelist Ernest Luff in Frinton-on-Sea. It is very possible that Ruth's grandmother used to make date confection for residents.

The photo shows Ruth's family outside the home. Fragrance is on the far left, while Ruth is the baby on her mother's lap. The homes set up by Luff were eventually combined to form Luff House.

Ruth says, "Our whole family has always enjoyed this recipe, traditionally at Christmas time (but not exclusively!) when Mum bakes it in batches for family and friends."



Everyone can get involved...

Luff's wreath includes the outline a paw from Fred, a rescue cat who lives at the home. Ivy, 93, said, "Oh, we have to include Fred! He is a special part of our family." Fred's paw is hiding near the bottom of the wreath. Can you spot it?

We'd love to see pictures of your wreaths so we can share on our social media. And if you have a recipe with a special link to Pilgrims' Friend Society, do get in touch!

✉ info@pilgrimsfriend.org.uk

Facebook: @PilgrimsFS | Twitter: @PilgrimsFS | Instagram: @pilgrimsfriend

New booklet: Coping with Grief and Loss

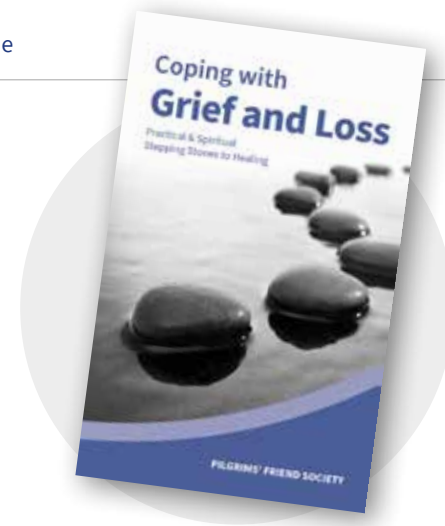
We spoke to **Louise Morse** about how she hopes her new booklet will help people to reflect on grief, understand it better and find ways to live through it

What prompted you to write *Coping with Grief and Loss*?

All my work, writing or speaking, is to help people understand and cope with the challenges in their lives. Coping with Grief and Loss is written within a Christian context: I believe that without Christian spiritual insight, any help or understanding offered lacks vital, foundational truth. I write mainly for seniors who, because they have lived long lives, are more likely than others to have known bereavements. Many are the 'stiff upper lip' generation, who are learning only now (mainly from the younger generation) how to share emotions such as grief. Reading how grief has affected others, physically and emotionally, normalises our own experience. Learning what we can do helps at the most turbulent, unpredictable time in our lives.

In your first chapter, you talk about a 'conspiracy of silence' around death. Why do we need to break that silence?

Death stirs up visceral, painful emotions. It has a finality unlike anything else: we can't avoid it or reverse it. Talking about it brings up uncomfortable emotions – so we push it away. When it is discussed openly, we can look through death to the life Christ has won for us beyond. 1 Corinthians 15:55 says, "O death, where is your victory? O death, where is your sting?" When we talk about death in



the light of the gospel the Holy Spirit brings comfort and hope.

The booklet introduces the idea of 'stepping stones' as a way through grief. Why is that such a helpful image?

They're a metaphor for the actions and beliefs that we can stand on that will hold us steady on the grief journey. The stepping stones also give a sense of progression. It's important to know that there is progress in grief; that you will come through it.

In the booklet, there is a chapter on dementia caregiving and grief. Why is it important for you to include this?

From my research I've found that grief is the most damaging component of dementia caregiver burden. Dementia caregivers live with grief sometimes for years, as they experience loss after loss.

I hope this book helps provides practical and spiritual help for those who are recently bereaved, and for those supporting them. Others will find in it truths that will enrich them not only in bereavement, but throughout life.

Coping with Grief and Loss, priced £3, is available now.

Resources

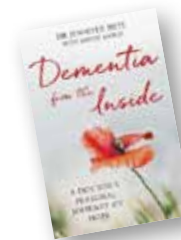
Our resources are organised around three areas: Dementia, Growing Older Together, Discipleship and Evangelism. This issue, we're recommending:

DEMENTIA

Dementia From the Inside

Dr Jennifer Bute with Louise Morse, £9

Jennifer Bute was a highly qualified senior doctor when she began to notice dementia symptoms in herself. In this book, Jennifer shares personal insights to encourage those living with dementia and those with them on the journey.



GROWING OLDER TOGETHER

What's Age Got To Do With It?

Louise Morse, £8.50

This book challenges ageism, bringing together accounts of many people living full, purpose-driven lives well into their later years.



DISCIPLESHIP & EVANGELISM

Brain and Soul Boosting for Seniors at Christmas/New Year

We're offering you complimentary copies of our new resources, specially designed to give spiritual encouragement for the Christmas and New Year season to those living under lockdown restrictions.

FREE



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www.pilgrimsfriend.org.uk/shop

Alternatively, ☎ 0300 303 1403

A day in *the life of...* **Rosie Eames,** Shottermill House

WORDS: Kaela Dutton

Rosie Eames is a Carer at Shottermill House, Haslemere. We found out about a typical day in her life



For Rosie, caring is a humbling experience and her Christian faith is the inspiration behind her daily work. "Like Christ when He washed the feet of his disciples! I love every minute of it," she says.

7.30am

Rosie begins her mornings with a gentle wander to work through the picturesque South Downs, where our home Shottermill House is located in the quaint Surrey town of Haslemere.

8am

The Senior Clinical Lead hands over from the night shift, running through every family member, highlighting key updates to the immediate welfare of residents, and how



things may have altered over the previous 12 hours. Rosie is assigned her family members and ensures she is fully equipped to give the best possible care to each individual for the day ahead.

10.45am

The daily devotional and Bible passage are shared in the lounge with tea and coffee in the late morning. At this point Rosie will make sure her paperwork is up-to-date and documented thoroughly.

12.30pm

Lunch is served in the dining room. Either staff or family members will say grace. Rosie often sits with family members to ensure they are enjoying their meals comfortably and safely.

after lunch

Rosie's favourite time of the day is the afternoon, when she opens the French doors and assists family members outside to enjoy the lovely garden. For Rosie, this time offers a great opportunity as a Carer to get to know the family members.

2.30pm

There is always a buzz of activity in the afternoon, whether that be gentle exercise, flower-arranging, or a visitor. Whilst Activity Coordinator Beverly leads, Rosie is always close by to help with requests, ensuring everyone is happy and has everything they need to relax.

3pm

Rosie loves celebrating family members' and colleagues' birthdays, as the talented chef, Jo, always makes delicious cakes to enjoy with their afternoon tea.

5pm

Celebrations and activities finish just before supper at 5pm. Rosie helps everyone move to their rooms or the dining room. This is where she makes sure her family members enjoy their meal, working with catering to ensure dietary requirements are managed. The meal is led by grace, either said by staff or a family member.

7pm

When Rosie works a longer shift, she serves the evening round of Horlicks, before helping family members get ready for bed. As many wake at 5am, they settle to sleep earlier in the evening.

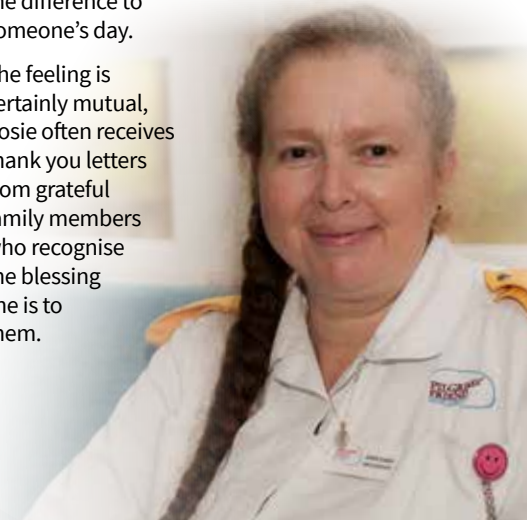
Writing her daily progress notes is essential. She writes a full summary of how her assigned family members' day. This important information includes mood, mobility and personal care given. This helps night staff if anyone is unsettled at night.

There is great camaraderie among the team, a workplace which Rosie shares with her daughter, Emily, who has been at Shottermill for six years. When challenges arise – whether a family member is struggling to sleep, or someone is unwell – everyone pitches in with a person-centred approach to caring to ensure any issues are swiftly resolved.

Evening

With the end of each day comes a sense of great reward. Rosie regularly takes her dog for a walk among the sprawling green hills of the South Downs, taking the opportunity to clear her head and reset. She also takes the chance to reflect, rejoicing in the knowledge she has made the difference to someone's day.

The feeling is certainly mutual, Rosie often receives thank you letters from grateful family members who recognise the blessing she is to them.





Residents' stories: MARIAN

Marian, now 95, moved into Bethany Christian Home, Plymouth, in 2018. Her daughter Kay shares how the home has been such a blessing

Before the coronavirus pandemic, Kay, on occasions took her mother Marian to Freedom Fields Park, next-door to Bethany. "My mum has dementia and struggles with short-term memory, but she remembers the park from childhood," says Kay. "During the war, her family were bombed out three times and ended up living in the area. She used to walk through the park on her way to school. It's lovely that she's close to somewhere that is so familiar."

Born in 1925, Marian has lived in Plymouth all her life. She worked as a shorthand typist before marrying husband Ed in 1948. They had three children, John, Kay and Anne. Brought up a Methodist, Marian always had a faith. However, it was in her forties that she really got going with the Lord. "My father wasn't a believer, but one day he took my brother to church. He came back excited, saying we all needed to be saved," says Kay.

Marian and Ed were very involved with church life. For a time, Ed served as a pastor, and Marian played piano. Regularly, visiting ministers and missionaries were



hosted and welcomed with delicious meals and baked treats from Marian's kitchen. After Ed passed away, Anne and her husband moved into the family home to help care for Marian, who suffers from osteoporosis, and John, who also has care needs. However, when Anne suffered poor physical health, the family struggled to cope.

"We reached a crisis point," says Kay. "Emma Hughes from Bethany was so kind to us. She helped get everything organised so Mum could move in."

Marian is now settled in a cosy room on the ground floor where she enjoys watching the changing seasons.

Due to coronavirus restrictions, she can now only have one visitor, who is Anne. "It's hard not seeing Mum face-to-face but we understand it's to keep everyone safe," says Kay. "Staff are good at charging up her tablet so we can video call.

"I have real peace of mind knowing Mum is so well-looked after. She's hearing the Word of God and enjoys fellowship. We feel so blessed as family, a weight has been lifted."



Could you help us support older people like Marian?

Your donations help us keep our homes open to everyone who needs Christian care and support.

Yes! I would like to give a gift

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 / /

One-off gift

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

£ Amount in words:.....

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

Please charge my debit/credit card as follows: Visa Mastercard
 Card Number ____ / ____ / ____ / ____ Exp. /

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/...../.....

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 Pilgrims' Friend Society's monthly Family News email, containing updates about the charity's work and ways to pray.

**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:
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Could you or a loved one come to live with us? Our homes and housing schemes would love to hear from you

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Shottermill House, HASLEMERE

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Evington Home, LEICESTER

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Pilgrim Gardens, LEICESTER

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pilgrim.gardens@pilgrimsfriend.org.uk



Royd Court, MIRFIELD

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roydcourt@pilgrimsfriend.org.uk



Pilgrim Care (Home care services at Royd Court)

0300 303 1485

pilgrim.care@pilgrimsfriend.org.uk



Florence House, PETERBOROUGH

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Pilgrims' Friend Society provides care and support for older people, inspiring and encouraging them to live fulfilled lives in their later years.



Find out about the Christian care and support we offer in England and Scotland by calling **0300 303 1403 or visiting **pilgrimsfriend.org.uk****

For more than 200 years Pilgrims' Friend Society has been helping older people to live fulfilled lives in their later years through residential care and independent living.