

LATEST RESOURCE  
God's Purposes in Older Age

# The Pilgrims' MAGAZINE

SUMMER 2024

*Going local*  
**Empowering  
communities  
to care**

**Work with us**

We're an  
age-friendly  
employer!

Moving to a care home  
*When is it right?*

**Modern slavery  
in the care sector**  
How to spot the signs

**PILGRIMS'  
FRIEND  
SOCIETY**



# Cover STORIES

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.mckayferguson@pilgrimsfriend.org.uk](mailto:helen.mckayferguson@pilgrimsfriend.org.uk)

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"This is what the Sovereign Lord showed me: a basket of ripe fruit."  
Amos 8:1

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Looking to contact our homes and schemes?

See back cover for details

# News round-up

News and events from across our charity and beyond



Luff House - finishing line



Archie and Teddy

## The Pilgrimage – progress report

Our fundraiser The Pilgrimage is back for 2024! We're asking you to step out on an active challenge and help us step up support for dementia. In our homes, we have wonderful staff called Hummingbirds who provide one-to-one support for those living with dementia. Funds raised through The Pilgrimage will go towards supporting them in their work.

So far, our family members at Luff House in Walton-on-the-Naze have led the way with a '30 miles over 30 days' walking challenge. Ruth, our Activities and Community Engagement (ACE) Facilitator, took out a different family member every day, with staff from across the home also joining in.

Ruth says, "We've had some lovely mutual conversations. It's like the stimulation of getting out and about has the power to activate something in the brain."

Also off to a raring start are Archie and Teddy who have pledged to swim 2km by the end of

June. To help them understand a little bit about what dementia is, their mum Jenny took them to visit Milward House, our home in Tunbridge Wells, where they had lots of fun meeting our family members.

To support Luff House, head to: [www.stewardship.org.uk/pages/LuffHouse](http://www.stewardship.org.uk/pages/LuffHouse)

To support Archie and Teddy's Pilgrimage, visit: [www.stewardship.org.uk/pages/BakerBoyspilgrimage](http://www.stewardship.org.uk/pages/BakerBoyspilgrimage)

*Did you know...?* Of all the lifestyle changes that have been studied, taking regular physical exercise appears to be one of the best things we can do to reduce our risk of getting dementia. So why not stay active, support your own well-being and raise money for a good cause by taking on your own challenge for The Pilgrimage?

For all the details, visit: [www.pilgrimsfriend.org.uk/pilgrimage](http://www.pilgrimsfriend.org.uk/pilgrimage)



## Goodbye to Andy Walsh



In Spring Andy Walsh, our Director of Property Services since 2006, retired. We'd like to take this opportunity to thank Andy for many years of dedicated service to Pilgrims' Friend Society. In this time, Andy has overseen many developments including: the final stages of the construction of Royd Court in Mirfield; the construction of Pilgrim Gardens along with the remodelling of the Evington care home in Leicester; the development and remodelling of the Luff site in Walton-on-the-Naze; the extension of Finborough Court at Great Finborough and the construction of Middlefields House in Chippenham.

Andy says, "Leaving Pilgrims' Friend Society after such a long time and being so invested is going to be hard, but I am comforted that in Hugh Lambourne I am leaving the Property Department in excellent hands and I will be praying for him, the Property Team and the charity as they take the work forward. The transition into retirement will no doubt have some challenges for me and prayers for this would be appreciated. However, I am confident that God has good things in store for me."

Thank you, Andy, for all that you have done for Pilgrims' Friend Society!

## Care Home Open Week

24th-30th June

We're pleased to be taking part in Care Home Open Week! Together with others across the country, we'll be opening the doors of our care homes to help showcase the wonderful communities we provide for older people. The best way to find out what's happening is via our homes' Facebook pages – type in the name of a care home folded by 'Pilgrims' Friend Society' into the search function on Facebook. We'd love to welcome you!

## In other news

At Emmaus House, Harrogate, Gareth Saunders joins us as Administrator and Hilary Dockerill is our new Activities and Community Engagement (ACE) Facilitator. In our Support Office, Albertine Gordon moves into the role of Financial Accountant Housing, Michael Adebayo joins us as Financial Accountant and Senait Kesete is our new Accounts Payable Specialist.



## Celebrating Easter

Our homes marked Easter in a host of ways including... Easter bonnet competitions, all-age egg hunts, knitted bunnies, interactive displays and more.

For more great stories, follow us on social media:

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

# Empowering communities to care

Words: Alexandra Davis

Unlocking local resources to transform how society cares for an ageing population



The day we signed off this magazine turned out to be the day when Rishi Sunak surprised us all by calling a General Election, throwing some of our plans and thinking about “Empowering communities to care” up in the air. As you read on, keep the election in mind - your vote will impact who forms our next Government so please do find out which of your local candidates will stand up for social care by creating a statutory framework that is fit for purpose and empowers communities to care.

“Social care is everybody’s business”. So stated the Archbishop of Canterbury’s Reimagining Care Commission (RCC) which reported its findings in January 2023. Faced with an ageing population and limited resources for social care, the RCC found that the work of social care cannot be restricted to statutory provision by Government but needs to be owned and embraced by all of us.

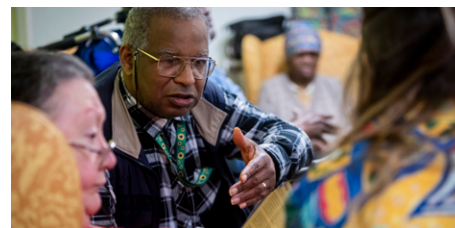
So, while you and I were enjoying our Christmas break, Stephen Hammersley was reimagining care as a world in which local resources – you, me, our churches, our charities – are unlocked and connected to statutory provision to create a world in which social care can really deliver for those who

need it. The result is a document called “Empowering communities to care” which outlines four key themes:

- **Championing and valuing volunteers** as key stakeholders in social care
- **Encouraging** the private and charity sector to go the extra mile in the community
- **Integrating** delivery driven by community
- **Endowing legitimacy** on community entrepreneurs

## The social care landscape

As a provider of communities for older people through our care homes and housing schemes, Pilgrims' Friend Society is at the front line of social care – ensuring that vulnerable people, in our case older people, are treated with the respect and value that we believe all have as image-bearers of the Living God. We know how much it costs to provide not just a bed, some food and heating for older people, but a home and a full life. We know that cost is significant to



anyone who lives with us, and that the government isn't investing the money needed to make sure that vulnerable older people get the care they need.

And we know that this challenge isn't going away. There are over 11 million people in the UK who are 65 years old and above, and in 10 years' time this number will have reached 13 million – that's 22% of the population; we know that today already more than 1.4 million people are not getting the help they need.

And we know that government after government hasn't fully grappled with this challenge. While some effort has been made to tackle the issue – the Shaping the Future of Care Together Green Paper in 2009, the Dilnot Commission in 2011, a cap on care charges in the Conservative Party manifesto in 2015, and the proposed changes to the social care means test and cap announced in 2021, no real solution has been found for the increasing challenges of funding social care. We long for a positive vision which sets out a future where older people are viewed as vital and precious parts of our social make-up who deserve excellent care until the very end of life.

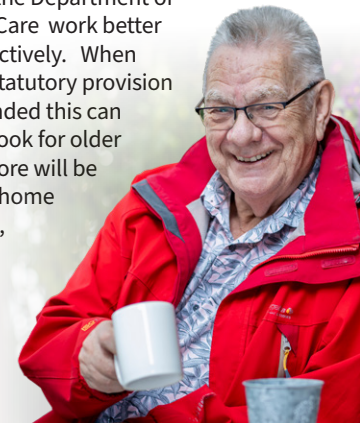
In a Christian context this perhaps matters even more given how Scripture says that older people should be valued, burdens should be shared and carried, and the vulnerable protected. All of this is significant as we at

Pilgrims' Friend Society renew our commitment to providing great Christian care for older people around the UK, including through the provision of new homes where possible. Despite the rather grey landscape, we are convinced of our mandate to ensure that as many older people as possible can live in glorious technicolour – whether that's in our homes and schemes or in those provided by the many other excellent providers of care and community.

So, it's in our interest – and yours, as our dedicated and faithful supporters – to do what we can to influence the policy arena and to create a platform which we hope will help shape the thinking of policymakers and decision-makers, especially as the new Government takes shape this summer.

## Empowering communities

The main contention of “Empowering communities” is that the cumulative impact of micro-assets within communities such as people, informal associations, local organisations, physical spaces i.e., churches and care homes, and networks needs to be unlocked to benefit older people. These community assets naturally enable relationships to develop that reach vulnerable people and join up care – helping people become less isolated, make appointments, and find the services they need. These relationships are good for older people and help the NHS and the Department of Health and Social Care work better and more cost effectively. When placed alongside statutory provision that is properly funded this can transform the outlook for older people as many more will be able to live well at home and, when needed, in a care home. If churches and Christians are



involved many more will also hear the gospel and see God's love in action.

The Faith in Later Life Champion at Enfield Town Church has embedded care for the 100 older people within church life through visiting, a weekly group, and other church groups. If this kind of outreach were replicated across the 40,000 churches in the UK, four million older people could be reached. This **championing of volunteers** as key stakeholders in social care could drastically improve the well-being and support of over a third of those over the age of 65.

Our own Middlefields House has been able to create a community hub as part of the life of the home due to the Harvest coffee shop and through recruitment of more than 40 volunteers. With 17,000 care homes in the UK, the impact of the **private and charity sectors going the extra mile** in the community could create 650,000 volunteer opportunities in local hubs.

The Christian befriending service, Silver Cord, provides vital support for anyone experiencing isolation or loneliness and connects with the local authority and blue light organisations. The London School of Economics has calculated the social returns on investment of up to £24 for every pound invested in befriending schemes so services like Silver Cord which **integrate delivery** could save the NHS up to £500m per year.

The Pear Tree Centre serves a population of 50,000 people in rural Norfolk and Suffolk to improve health and wellbeing, reduce social isolation, and improve access to facilities and services for older people. If we were to **endow legitimacy on community entrepreneurs** like this, support for 2.4 million people could be provided.



## What you can do to help

Many of you reading this will be engaged in lots of outreaches and ministry that look a bit, or a lot, like those I've outlined. Thank you! Please be encouraged to keep going, knowing that you are not alone in your commitment to older people and that your work is making a powerful contribution to the lives of people around you.

If you're interested in the themes we've outlined in "Empowering communities" you may want to read the full document so please do visit our website to download a free copy

 [www.pilgrimsfriend.org.uk/empoweringcommunities](http://www.pilgrimsfriend.org.uk/empoweringcommunities)

Most of all, we would value your prayers for this document. We have shared it with a number of partners and supporting organisations

including Faith in Later Life, the Salvation Army and the UK Communities Foundation, and we are working hard to get it into the hands of those who can impact policy in this area.

As election fever gathers pace, please share this document with your local candidates, and ask them about social care and communities if you meet them on your doorstep or out and about, or raise the issue if you attend a local hustings event.



  
*Please pray:*  
That the right people would read and respond to "Empowering communities to care".



Koinonia Christian Care Home in Worthing took a trip to the Tulip Festival at Arundel Castle & Gardens.



Family member Shirley and ACE Facilitator Susan from Milward House, Tunbridge Wells visited the Spa Valley Railway.



# ACE moments

Through our Activities and Community Engagement (ACE) Programme, wonderful things happen all the time. Here are some highlights from across our homes...



Evington Home, Leicester went to the National Space Centre.



Friday afternoon games with Shottermill Junior School remains a fixture at Shottermill House, Haslemere.



Folk from Framland, Wantage paid a visit to Millets Farm Centre.



Find out all about our ACE Programme at: [www.pilgrimsfriend.org.uk/ace-programme](http://www.pilgrimsfriend.org.uk/ace-programme)

# Discipleship that sustains

Investing in our faith now will help prepare us for any challenges that come with older age, as Alex Drew from our partner charity Faith in Later Life explains

Psalm 1 reminds us that people who consistently spend time meditating on God's word are like trees planted on the riverbank, bearing fruit in every season. Establishing these and other healthy discipleship rhythms as soon as possible is a wonderful way of preparing ourselves for the future; getting ready for fruitfulness in later life. But like all good habits, these rhythms of deepening our relationship with God are unlikely to happen by accident.

My friend Iris had followed Jesus as her Lord and Saviour from the age of 11. Seventy-eight years later she suffered a massive stroke which left her almost unable to move or speak. In the last two years of her life Iris lived in a care home, and whenever I walked into her room she just shone. It sounds ridiculous really; Iris was severely disabled during this time, no doubt severely frustrated too, and she was by no means living the life she planned or had previously enjoyed, and yet, she exuded the glory of Jesus with every fibre of her being. Without words or movement Iris engaged in worship, prayer, and readings from the Bible like she was sitting at the feet of Jesus. And in her interactions with other visitors and those who cared for her, Iris showed kindness, patience, and always a beautiful smile.

It was an extraordinary lesson for me of the value of discipleship that sustains. I have no doubt that what Iris was experiencing and 'shining out' during the most challenging time of her life, was the fruit of a lifetime investment in her relationship with Jesus: discipleship.

Before her stroke, Iris had been a committed member of her local church, where she worshipped, and served. During the pandemic when she stayed home, Iris supported the church in prayer, by encouraging and supporting people over the phone, and she joined her home group via Zoom every week. She was dedicated to her daily Bible readings and prayers, and she responded to God's call to help those in need financially and practically.

Iris was by no means perfect, but in her later life, these habits which she'd been building since she was 11 years old were well practised, deeply rooted, and enabled her to simultaneously endure hardship and glorify God; what an incredible example.

We'd all aspire to be like Iris in later life. But how? We don't all have 78 years ahead of us to practise!

Well as the saying goes "The best time to plant a tree is 20 years ago. The second-best time is now". The good news is, it's never too late to

start a good habit of discipleship. God is not limited by time, and He can transform our relationship with Him as we intentionally spend time with Him in His Word, by His Spirit in prayer, and through His people.

Setting time aside each day is a good starting point. Belonging to a Bible believing church, using apps and Bible notes, journaling, discipleship and prayer groups, worshipping, and spiritual mentoring can expand our thinking and help us get to know our heavenly Father better.

The value of journeying with others is also not to be underestimated. Proverbs 27:17 reminds us that 'As iron sharpens iron, so one person sharpens another'. Receiving wisdom and witnessing the example of older Christians (like my friend Iris) can help us along the way.

Society can have us believing that as we approach the more difficult aspects of later life, our worth decreases because we can't 'do' as much as we used to. These attitudes are a stark contradiction to the words we find in the Bible. Words reminding us that God loved us before the foundation of the world, that we were created for His glory, and that He will sustain us and never leave us.

Later life is an opportunity to share the everlasting love of God with the world around us. It's our deeply rooted faith that will make it possible, even through the challenging times. Let's keep investing now in discipleship that will sustain us then.



## Recommended resources

- The Bible - it seems obvious, but we mustn't neglect the inspired Word of God, God's special revelation to us as the ultimate authority for the Christian life
- Finishing Well by Ian Knox
- DailyHOPE - a free phoneline to listen to hymns, prayers, and Bible reflections  
☎ 0800 804 8044
- Daily devotionals such as Every Day with Jesus and Streams in the Desert



## Save the Date: Discipleship that Sustains

12th September • An online event with David Price.



For further details, see:  
[faithinlaterlife.org/12th-september-2024-discipleship-that-sustains-with-david-price](https://faithinlaterlife.org/12th-september-2024-discipleship-that-sustains-with-david-price)





## When is the right time to move into a care home?

Words: Helen McKay-Ferguson

Circumstances can vary so much from individual to individual there's no simple answer to this question. That said, there are some general principles that can be useful to bear in mind

### Talking early

In a recent piece of research, Dr Kritika Samsi from King's College London looked into the issue of the optimal time for a care home move, focusing on people with dementia. She found that when a move was considered earlier, those living with dementia felt they had a more active choice in the process and when they did eventually move to care home, they settled better. Actions such as going to have a look round, putting their name on a waiting list, booking for a respite stay or visiting a day centre at the care home were all stepping stones that helped inform a person's understanding early in their dementia journey and made the move less daunting.

### The benefits of social connection

Links have been established between social isolation and the development of dementia – for example, a study led by Professor Jianfeng Feng of Fudan University in

Shanghai, published in the journal *Neurology* in 2022, found that social isolation was linked to a 26% increased risk of dementia. For those who are older and frailer and no longer able to maintain their usual social activities, a move to the social environment of a care home could help lower the risk of developing dementia. For those who are already living with dementia, this social environment could help to slow the progression of the condition.



### Staying safe

Being unable to live safely and manage the basics of daily life are, of course, key considerations. Closely linked to this may be the ability of the person who is taking on caring responsibilities. Often the person doing the caring is an elderly spouse also with health conditions or a relative who may be juggling work or other family demands. This person may not always be on hand to ensure the person is safe and carer burn-out is a real risk, especially as needs increase.

### A person-centred approach

Whenever the move takes place, for a move to be successful it's important to find a care home that is person-centred in its approach to care. At Pilgrims' Friend Society, we follow our own bespoke Christian approach, The Way We Care, where each person is cherished as an individual and where there are opportunities to continue to flourish doing things they love.

### Gillian's story

**The story of Gillian, 85, told by her daughter Angela, shows what that can look like in practice:**

"We knew Mum would have to move into a care home when before Christmas she fell at home and ended up in hospital. After she was discharged, I moved in with her for six weeks to look after her, with carers also coming in, but it was too much for me to manage.

"The first care home we looked around didn't feel right at all. It seemed very cramped. Then a member of staff from Luff House [Pilgrims' Friend Society's home in Walton-on-the-Naze] came to visit me and Mum. She was so friendly and kind. A friend of my eldest son's wife works at Luff and I'd heard good things from friends



too – they all said it was lovely. We decided to go for it, it just felt right.

"When Mum first moved to Luff, she was very withdrawn. It wasn't just the experience of being in hospital that had affected her.

She'd been diagnosed with dementia a few months before and had really lost her confidence.

Having to give up driving was something she'd found especially hard. At that stage, she's also moved into sheltered accommodation where she spent a lot of time on her own. I'd go and visit as much as I could but the rest of time she spent sitting on her own staring at the four walls.

**“From the start, the staff at Luff put her at her ease. The Hummingbirds were always coming round to check she was okay. They also took the time to record Mum's life history, finding out all about her sisters and her past – she's lived in Walton all her life.**





“I didn’t want Mum to be left in her room, and that wasn’t the case at all. They made a point of ensuring she came to be with other people and be a part of whatever was going on.

“Over the coming days and weeks I saw a big change in Mum. Each time I visited she seemed brighter and more ready to engage in conversation. It just got better and better.

“I follow Luff House on Facebook and it’s a joy to see all the activities she gets up to, one day baking, another day visiting the local church for a coffee morning, another day peeling the spuds... I’ve worked in care homes myself and even I’ve been amazed by what they manage to achieve with people who can be quite far along the dementia journey.

“On one occasion I visited and Mum was excited to tell me about going to a big room and having lots of delicious things to eat. I discovered she’d been to a Women’s Breakfast with ladies from local churches.

“One day I got a wonderful surprise when I looked at the Facebook page and saw Mum doing some knitting. She’s loved knitting all her life, creating outfits for her grandchildren. Before Christmas, we’d reached a real low point when my brother suggested she do some knitting and she said she didn’t know how to do it anymore. To see her sitting as part of a little group of ladies with knitting needles in her hand and a big smile on her face was incredible.

“Mum’s definitely got her confidence back. Sometimes I call her up and she says she can’t talk for long because a fun activity is about to take place and she doesn’t want to miss it. I can honestly say, this is the best she’s been in years.”



To find out all about our *The Way We Care* approach and the work of our Hummingbirds who support those with dementia, visit: [www.pilgrimsfriend.org.uk/thewaywecare](http://www.pilgrimsfriend.org.uk/thewaywecare)



PILGRIMS’ FRIEND SOCIETY

# Welcome to the SUMMER 2024 DAILY PRAYER GUIDE


Welcome to the Pilgrims’ Friend Society Summer Prayer Guide. Thank you for standing with us in prayer. We are so blessed by your commitment to pray with us – your support in this way is so appreciated.

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

Psalm 104:24

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**

Praise the Lord for all who live with us. Pray for the Lord’s covering and blessing upon everyone who lives in our homes or housing schemes.



**Care teams**

Thank God for our hard-working and diligent care teams. Ask that they know of God’s peace, strength and grace as they work caring for our family members.



Sarah Walsh

PULL OUT AND USE



# Mondays



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



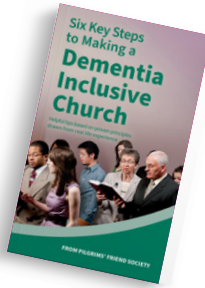
## Our catering, maintenance, and administration teams

Give thanks for the fantastic work that our support teams do across our homes and schemes. Pray that God gives them insight to know how to manage any challenges they come across.



## Our resources *(see more on p.27)*

Pray that our resources reach the hands of those who need to hear the advice and stories within the pages of our books and packs. Pray specifically for those who bought a resource at Spring Harvest – that the resources help them or their loved ones.



# Wednesdays



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



Jane Trimarco,  
Operations  
Manager



## The Operations Team overseeing our homes and schemes

Pray for our wonderful Operations Managers who support our home and scheme managers. Pray that the Lord gives them strength and resilience as they oversee work, and pray for good health and safety as they travel around the country.



## Recruitment

Pause to pray to God for all those who work with us. Pray that the right people apply to our vacancies and would come and contribute to our work. Pray for our recruitment team, that their work would be directed by God.

# 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

Lift our wonderful ACE Facilitators to the Lord. Pray for the events and activities that they are organising for family members to enjoy throughout summer. Pray that they continue to build strong relationships with community groups local to them.



## Growth and Renewal Programme

Join us in praying for the ongoing work of the Growth and Renewal Programme. Continue to pray for our search for suitable land on the South Coast where we can build a brand-new home.



ACE Susan

# Thursdays



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



Julian Hillman,  
Director of  
Finance



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

Pray for the work of our Support Office based in London Bridge, and for the vital way they help our home and scheme teams. Pray for favour for their work, for their attention to detail, and for capacity and resource to get all their work done.



## Church and community engagement

Thank God for those who give their time and talents freely to support our communities. Pray for our ACE Facilitators as they oversee the volunteering work. Thank the Lord, for the support of local churches.

# Fridays



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

**Strathclyde House, Skelmorlie** – Tina McKeown



## Volunteers

Pray that God brings many volunteers to our communities and that the ACE Facilitators build strong and joyful relationships with each and every one of our volunteers.



## Giving

Praise Jesus for every gift. Thank the Lord for every gift we received via our Easter Appeal. Ask that He would continue to provide financially and that more people would be encouraged to give what they can to our work. May many want to take part in The Pilgrimage to raise funds for our Hummingbirds.



## Directors and trustees

Pray for our team of trustees and directors who lead our work. Ask Jesus that He would continue to guide all decision-making and planning for Pilgrims' Friend Society.



## Families and relatives

Pray for all those who have entrusted the care of their loved ones to us. Pray that they would be confident in the communities that we provide, and that they would know His peace and comfort.



Sharon and Timothy

# 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



**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](http://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](http://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 Grandma loves the seaside and we're thinking of booking a holiday cottage and including her with the family. Do you have any advice and tips?

**A** Family holidays with grandparents can be wonderful! Times that generations spend together strengthen children's sense of identity and belonging and help them build good relationships throughout life. A lot depends on Grandma's health and mobility. I know a 70-year-old who has arthritic knees and difficulty walking, and a 96-year-old who has absolutely nothing wrong with them and who likes to walk miles with her walking frame, stopping for little chats along the way.

To be successful, any kind of family holiday must be planned in advance and the best planning needs to include everyone. Decide beforehand which part of the country you'd like to head for, search Google and obtain brochures or use a travel agent, then arrange a planning event with everyone around the table. You'll probably want to avoid seaside places where access to the beach seems to be by grappling iron down steep cliff faces, so check for easy beach access when you search.

Then there are things like the facilities to think about, both in the cottage (shower or bath?) and at the seaside. Adults and children don't mind a mile-long trek across the sand to the only loo, but Grandma would probably prefer the more generous provision of good seaside resorts.

Draw up a plan so that each one can decide what they'd like to do. It could be visiting special attractions or restaurants with local dishes, or just sitting on the beach listening to the sea. Thinking of British weather, take books and favourite board games.

I'm almost obsessional about lists, having arrived one time in a foreign country minus everyone's pyjamas. Have everyone make a list, and on Grandma's include her medications and vitamin supplements. Write out a notice of her GP's name and practice address and telephone number, details of her Covid vaccinations (just in case), and any medical alerts especially, if like many older people, she is taking an anticoagulant.

Don't forget the usual First Aid Pack containing antiseptic wipes, sprays for insect bites and midges, and of course, sun tan lotion, plus a wide-brimmed sunhat. It might be an idea to take a couple of fans to help sleep at night in case there's a heat wave.

To summarise: you know where you're going; what to expect and what everyone would like to do. You've listed important things to take and noted Grandma's medical details. You're as prepared as you can be, but also expect to be flexible. And enjoy!

Get in touch with Louise: ✉ [louise.morse@pilgrimsfriend.org.uk](mailto:louise.morse@pilgrimsfriend.org.uk)  
Find out more about her work and publications: 🌐 [www.pilgrimsfriend.org.uk/louise-morse](http://www.pilgrimsfriend.org.uk/louise-morse)

# Spotting and stopping MODERN SLAVERY in the care sector

Modern Slavery is a growing problem in the UK, with workers in the social care sector especially vulnerable to exploitation. Peter Ladd from Christian Action Research and Education (CARE) explains why this is, what the signs are and steps towards countering the problem



Martha\* moved from India to the UK to work in a care home in 2022. She had been keen to move to the UK for some time, and had heard that there were job openings within the care sector. It all seemed rather expensive though: her employer had said that she would need to pay them for her certificate of sponsorship, and that it would cost her £10,000.

When she got here, she didn't receive a written contract. In theory, they had agreed on her hours, but she found herself working very long days, sometimes as long as 18 hours in a single shift, day-after day, for well over a week. And her salary? Most of it seemed to go towards paying back her employer for that expensive certificate of sponsorship, and the interest on that only ever seemed to be going up. She would have to live on £200/month. Sometimes, she couldn't even afford to buy enough to eat.

She tried speaking up one time, but that only made it worse. Her boss threatened to hurt her family back in India if she reported her situation, and that he would have her deported as an illegal immigrant. Eventually, she rang the Modern Slavery helpline, who took her case to the police.

Stories like Martha's are becoming increasingly common within the care sector. Historically, it had represented only a small percentage of cases of modern slavery: in 2017,

of the 711 cases reported to the UK Modern Slavery & Exploitation helpline, the care industry contributed just seven, less than 1%. By 2022, of the 1,046 cases, 106 came from the care industry. According to the most recent numbers, that figure has continued to rise since then.

The reasons for such a stark rise are not difficult to discern. Amid a social care crisis, and an increasingly ageing population, Britain has had a shortage of skilled workers in the sector for some time; this has been compounded by persistent government underfunding and low pay, which meant that before the pandemic, around 20% of residential care workers were living in poverty. Brexit also had an impact on the care industry: many care staff from EU countries did not apply for leave to remain.

All in all, there were 152,000 vacant posts in the adult social care sector in England in 2022/23. To address the shortage in staff, following recommendations from the Migration Advisory Committee, the Home Office added care workers to the labour shortage list – meaning care workers from abroad were prioritised over economic migrants working in other industries – but they ignored the suggestion to increase pay.

This has led to a large increase in foreign workers from non-EU countries (approximately 90% of care workers currently come from non-EU countries) who, understandably, have been hoping to raise their quality of life or to earn more money than they might back home, providing ample opportunity for exploitation. In 2022/23, when gender was known, 62% of potential victims of modern slavery were women. The most common country by far was India (48%), followed by Zimbabwe (15%) and Nigeria (8%). 23% of victims had responded to a job offer or advertisement, and 13% had been taken in by false promises or statements. 5% said they had been responding to an offer of accommodation.

## If you suspect an instance of modern slavery...

Do not confront either the victim, or the suspected trafficker; your safety and that of any possible victims is of primary importance. Instead, you can contact:

### The Police

☎ 101, or 999 if there is immediate danger

### The National Modern Slavery Helpline

☎ 0800 0121 800  
🌐 [modernslaveryhelpline.org](https://modernslaveryhelpline.org)

### The Gangmasters and Labour Authority, who record concerns about mistreatment of workers

☎ 0800 432 0804  
✉ [intelligence@gla.gov.uk](mailto:intelligence@gla.gov.uk)

At CARE, we believe that every human being has been made 'in the image of God' (Genesis 1:27), and accordingly, is endowed with an inherent dignity and worth. Within Old Testament Israel, God's law forbade the Israelites from enslaving one another, and when Jesus came announcing the Kingdom of God, he said that he had come to bring "good news to the poor" and to proclaim "freedom for the captives" (Luke 4:18).

God's heart is for people to be free; when Paul wrote in Galatians 5, 'it is for freedom that Christ has set us free', he was predominantly talking about freedom from the requirements of Old Testament law, but his statement stands as a clarion about God's heart: it is not His will for any human to be in bondage.

In the last decade, we have successfully campaigned for measures that provide greater protection to victims of modern slavery. We



\* Not her real name

lobbied for groundbreaking, bespoke modern slavery legislation in the form of the Modern Slavery Act. And today, we are opposing threats to victim protections, such as provisions in the Rwanda plan that would see victims lose vital forms of support.

If you would like to partner with us, you can sign up to our free mailing list by visiting our website – [care.org.uk](https://care.org.uk) – and by following CARE on social media. We can all play a part in looking out for modern slavery in our communities as well. UK authorities stress the importance of public vigilance, given that modern slavery is a crime that happens under our noses.

There are some key signs to look out for in identifying potential victims of modern slavery. Some victims might consistently work for long hours without sufficient breaks, for multiple days in a row. Others may be

excessively monitored, or lack control over their movements or other personal decisions. Some will lack access to regular means of communication or might not be able to produce identification documents.

It is also common for modern slavery victims to not be provided with proper employment contracts, to not receive a fair wage, or to have a lack of control over their finances: this can mean they own very few personal possessions or turn up to work wearing the same clothes every day. In particular, they may display signs of being controlled or coerced, and appear frightened or anxious in their behaviour.



## At Pilgrims' Friend Society we work to prevent modern slavery by:

- Carrying out eligibility and right to work checks for all our staff
- Training our managers to remain vigilant
- Only working with agencies that carry out appropriate employee checks
- Raising awareness through posters in toilets and other discreet places in our care homes and housing schemes

## Modern Slavery – online event Tuesday 25th June, 2pm

Christians in Care will be hosting an online talk exploring the issue of modern slavery, featuring guest speakers Peter Killingley from CARE and a representative from Their Voice.

To sign up, visit: [www.christiansincare.org/events](https://www.christiansincare.org/events)



## Why we're an age-friendly employer

**Our Director of HR Joshua Field shares why at Pilgrims' Friend Society we're committed to welcoming people of all ages to our teams, including those who are aged 50 and over**

As an organisation that has supporting older Christians at its heart, we're very in tune with the value of age and experience. Our openness to recruiting those who are older to our workforce is in many ways an outflow of this. We are a values-based recruiter and so we'll consider what people bring in terms of their mindset over and above qualifications and work experience alone.

We know that employees who are further on in years bring a wealth of life experience. This

often means that they can relate to the older people living in our homes very well. They can also be a great support to younger members of our staff teams. A diverse workforce makes for a stronger workforce.

Out of the 630 people we employ as an organisation, **295 (47%) are aged 50 and above**. Of this number, **149** work in caring roles. As well as being a very rewarding role, for many a role in care works well with their stage in life as something they can fit around other commitments such as looking after grandchildren.

From a pragmatic point of view, the older age demographic is not one we can afford to ignore. According to the latest figures from Skills for Care, there are currently 152,000 vacancies in the social care sector. To meet this need, we have to be open to employing those who are older.

**If you are older and considering a new move, why not come and work for us?** You'll find a role where you'll make difference every day, be fulfilled and be working in an environment where you are valued. To see our current vacancies, visit [www.pilgrimsfriend.org.uk/jobs](https://www.pilgrimsfriend.org.uk/jobs)

Lesley, 63, came to work at Koinonia Christian Care Home, Worthing as a Care Assistant shortly after turning 50. She says:

**“I started in care after my children left for uni. It's such a rewarding role. I love working with people and it feels like a natural continuation of all that care I was giving as a mum. Being older also means I have experience to draw on and can empathise with things our family members are going through.”**



# Life at Homesdale

**Sarah Walsh** is General Manager at Homesdale, our care home and housing scheme in Wanstead, Northeast London, and the newest member of our family. She shares how it has been a blessing to many local older people over the years



*Please pray:*  
For Homesdale as we continue to build on our history, that we can foster links with the local community, and evolve and flourish within the Pilgrims' Friend family. Give thanks for the amazing team of carers and support staff at Homesdale who put the 'family members' at the heart of everything they do.

at Christmas and praying and chatting with those who live with us. Other ministers and pastors from local churches are involved in the weekly services and visiting. Homesdale has two Pastoral Support Workers who arrange devotions, prayer meetings and Bible study and provide support where needed.

On 30th October 1947 Rev Herbert Hunter of Woodford Baptist Church, the Church Treasurer, and Church Secretary attended an auction for No 7 New Wanstead.

The wife of the Church Treasurer recalled the three men "standing in the doorway of an old house" and "the rain was just pouring down, but the three of them were having a prayer meeting before going to the estate agents with an offer to buy that house".



The bid was made and accepted, and the vision of Rev Hunter to provide a home which offered Christian care to the elderly of the church and local community had begun.

Since that early vision Homesdale has grown, with the addition of No 5 New Wanstead, to complete the residential care home with 18 beds. The two Victorian houses were joined together, and have been modified and extended over time, but still have the



characteristics of the period, with large bay windows to the front.

In the early 1980s came Hunter Court and Mountier Court offering 70 sheltered housing flats. Hunter Court takes its name from Homesdale's founder, and Mountier Court is named after Fred Mountier who had been a Trustee since the 1950s, and who was the Honorary Secretary during the inception of the housing scheme project and a driving force behind its planning and building. The Trustees felt it was the right decision to name the second housing block after Fred Mountier in recognition for his years of service at Homesdale and in his community.

Homesdale is situated in Wanstead, Northeast London. Wanstead very much has a village atmosphere with its Green, High Street and community activities. The High Street has plenty of cafés, restaurants and independent shops, alongside supermarkets, chemists, and a post office. With good transport links by road, Underground and

bus but on the edge of Epping Forest, it offers the best elements of urban life but with a community feel.

Whilst care and housing have their own separate spaces, Homesdale has always enjoyed coming together to connect through worship, activities and events. It is very much one family where everyone socialises and spends time with each other. We have a large lounge connecting our two housing blocks and this is where we regularly meet for a chat and a cuppa in the afternoon. There is a weekly service that takes place here so we can worship as one community, with our care home having a daily weekday service too.

The space is also used for games, quizzes, film afternoons, pool and table tennis and we love an afternoon tea, complete with sandwiches, cakes, and china cups. For larger gatherings such as entertainers, Christmas carols, and other special services, it means the whole Homesdale family can celebrate together.

Homesdale has maintained its link with Woodford Baptist Church and the Pastor is one of the ministers that attends to take the weekly service. The church community also attends for celebrations, bringing daffodils at Easter, gifts

Michael, 82, has been at living at Homesdale with his wife for six years, but his links go back further to when he was a young man and Fred Mountier helped arrange his cabin for his passage to Colombia for missionary work. After moving back to London and becoming Pastor at Wanstead Baptist Church, Michael said when he retired, "Homesdale was the obvious place to come and I'm very happy here".

Dorothy, 85, applied to Homesdale because of the Christian ethos. She says, "When I came in, I just knew it was the right place for me - it's secure, stable. Staff are friendly and caring and you can chat to them. The activities bring us together".

I have worked at Homesdale for a number of years, and from my first day I felt the care, friendship and community that surrounds the home and housing, the feeling of family. There is the opportunity for worship and fellowship among those who live here and the staff, and I feel this is what makes Homesdale the extraordinary place it is.



Find out more about Homesdale...



[www.pilgrimsfriend.org.uk/homesdale-care-home-london](http://www.pilgrimsfriend.org.uk/homesdale-care-home-london)  
[www.pilgrimsfriend.org.uk/homesdale-housing-london](http://www.pilgrimsfriend.org.uk/homesdale-housing-london)

# God's Purposes in Older Age



This is the first of a series of articles by **Louise Morse** exploring what it means to grow older from a Christian perspective

## Living with purpose in older age

Reflecting on how God had planned his life before he was born, King David wrote in Psalm 139:16 that, "all the days ordained for me were written in your book before there was one of them."

Ephesians 2:10 says, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." There is no 'use-by' date. God has a plan for your life and at each stage He has different things for you to do.

God has so designed life that the longer people live the more they learn through experience and the more wisdom they accumulate. "Wisdom belongs to the aged, and understanding to the old," observed Job (Job 12:12), and eminent Christian psychologist James Hillman wrote "...let us entertain the idea that character requires the additional years and that the long last of life is forced upon us neither by genes nor by conservational medicine nor by societal collusion. The last years conform and fulfil character."

Solomon had been given extraordinary wisdom by God (1 Kings 4:29), yet he sought the expertise of older men who helped him make important decisions about the kingdom of Israel. Our latter years are designed to give us the qualities, the wisdom, and the character that can help others, and our increasing lifespan is giving us even more time and opportunities for doing it.

### The changing view of old age

We're having to adjust to a new way of thinking about old age. We are used to seeing life in three stages, from infancy to late adulthood and retirement, but now longevity adds two new significant stages: those 80-plus years where we are still largely active and involved, and the final few years before we are called Home.

But they can also bring challenges. Famous Christian leaders Billy Graham and John Stott both said that they had been taught

about death but not about how to be old. Psychologists say there are two main reasons for this: one is that we have no experience of our own old age so can't 'see' ourselves as old, and the other is that many of us push the notion of old age away from us because we have absorbed negative views about it. But the Scriptures tell us that that God intends it to be a time of blessing others and telling of His goodness.

An example of this flowering and growth was a lady called Jean who, at the age of 96 came to live in a flat in our Pilgrims' Friend Society housing in Yorkshire, Royd Court.

She was frail and confined to a wheelchair, but she loved Jesus, and she loved people, and her flat was rarely empty. At the age of 100, when it looked that she was dying, the District Nurse came to discuss end-of-life medications with her. Jean asked her, "Tell me dear, do you know where you are going when you die?" Then she continued, "I know where I'm going - I'm going to live with Jesus. You do need to know. Go to a good church and find out about it!"

Jean is just one example of how God has a plan and a purpose for us for the whole of our life, including those latter years.

### Points to ponder:

- **Thinking of Ephesians 2:10, write down the talents God has given you.** Perhaps you are good at gardening, or cooking, or at encouraging others. Take time and don't be shy! These are God given gifts to be blessed by. A 96-year-old told me recently that her gift was talking to others - yours might be listening!
- **Write down the things you would like to do in your older age.** It could be joining a local voluntary work, such as helping children to learn to read, or visiting a care home to encourage those living there.

To read parts two and three of our 'God's Purposes in Older Age' series, head to our website.

You'll also find a pdf to download, print and share:

[www.pilgrimsfriend.org.uk/godspurposes](http://www.pilgrimsfriend.org.uk/godspurposes)



For the full range of our resources covering everything from living with dementia to growing older together, visit:

[www.pilgrimsfriend.org.uk/resources](http://www.pilgrimsfriend.org.uk/resources)

Alternatively, ☎ 0300 303 1403



God's Purposes in Older Age  
by Louise Morse



# Answered prayers

Family members and staff from across Pilgrims' Friend Society share stories of God's provision in answer to prayer

## Sonia, a senior carer at Milward House, Tunbridge Wells

"When I first came to England to help my brother's business, I was really struggling to work out how I fitted in and what my role should be. On top of this, I was getting used to England – its culture and its food, everything.

"My brother's business wasn't picking up as well as it should so I said I needed to earn money. I was praying through in my daily devotions that God would guide me and I was led to share with my church's secretary hoping for some

guidance on my search for a local job.

"She sent me an email about two care homes. I saw Milward House and sent my CV to them. The next day I was given an interview date. I came and discovered it was a Christian home and it felt like home. So everything fell into place and here I am eight years later!"



## Shirley, 90, family member at Middlefields House, Chippenham

"I grew up in the Berwyn Mountains in the north of Wales. I always believed in God but there's one moment from my teenage years that really stands out.

"I'd lost a cardigan which was a tragedy in our family as we were very hard up, and added to that it was a birthday present. I'd been out one glorious sunny day and taken it off somewhere. The next day was foul and I realised I'd lost this cardigan. I couldn't confess to my parents that I'd been so careless. So my friend and I went all over the mountains looking among the ferns and the low stone walls. I thought 'well we're getting nowhere here' because we couldn't remember exactly the path to take so we sat down on a wall and I prayed, 'Oh Father, please God be interested in my cardigan.' With that we got up and there was the cardigan just by our feet. A sheep had been sleeping on it all night and moved off. It had obviously been keeping its friend's furry jacket warm. From then on it was just a question of getting to know God more and more."



## Evelyn, 100, family member at Milward House, Tunbridge Wells

"In Bolivia, in the northern tropical part of the Amazon, we had a leper shelter. I came to relieve the regular nurse who went home on furlough from this very remote outpost, where the only contact with the outside world was with a missionary and his four-seater plane. (He had a crash so I had no contact and didn't get my Christmas mail until February.) The health worker came to me for help for a child who had taken his mother's leprosy medication and was having a seizure. I only had homoeopathic medicines. I prayed to the Lord to show me which medicine to give him and told the health worker to return if there was no improvement. He never returned and so I praised the Lord for guiding me."

## PumDim, Registered Care Manager at Framland, Wantage

"A couple of years ago my son suddenly became very unwell. He was catatonic for two or three days, unable to eat or drink anything or even respond to his name. It came completely out of the blue and of course we were extremely worried. I spent two weeks in the hospital with him. He was given a CT scan and an MRI scan but they didn't reveal anything.

"Our family prayed, our church prayed and our colleagues at Pilgrims' Friend Society prayed. I remember specifically some people from church praying that he would be blessed with the power of the name of Jesus.

"My son wasn't able to go to school for three months but slowly his condition improved. He started eating again and eventually he was able to return to school. In May 2023 he was able to come off the medication entirely. Now he's 15 and able to be part of normal life again – he walks to school by himself, goes to Sunday School and has joined a gym. I believe this healing has come from God."



# Prayer WEEK 2024

This year our annual Prayer Week will take place from **Monday 29th September to Sunday 6th October.**

We'll be marking International Day of Older People on 1st October and Silver Sunday on 6th October, as well as sharing more ideas for prayer and thanksgiving relating to the specific work of Pilgrims' Friend Society. A paper copy of the resource will be available at the beginning of September (magazine subscribers will get a copy with the Autumn edition) and copies will be available to order or download via the website.

# My Story: June

Now living at Milward House in Tunbridge Wells, June, 97, enjoyed an incredible career as a professional dancer, sharing the stage with the likes of Margot Fonteyn and Rudolf Nureyev, before opening her own dancing school where she directed the steps of just a few Royal feet...



In the lounge room at Milward House June is tucked beneath a tartan blanket waving her arms gracefully from one side to the other. The theme from Swan Lake plays in the background while two girls from the local Claremont School stand before her, mirroring her movements. It's a masterclass in action from a venerable veteran of dance.

Born in Singapore in 1927, June spent her early years in Taiwan, before going to school in Egypt and then Eastbourne. Her father was the distinguished RAF pilot Harry "Wings" Day, renowned for escaping from German captivity numerous times and one of the planners of The Great Escape.

It was June's stepmother who noticed her talent and enrolled her in dance classes as a child. As an adolescent, she danced in pantomimes for the Army and Air Forces in camps around England, securing her first solo performance in

Mother Goose in Stow-on-the-Wold in 1940. "I never really felt nervous," says June. "Once you're on stage, you just get on with it."

June then joined the company at Sadler's Wells Theatre under Dame Ninette de Valois – the company later became the Royal Ballet and moved to the Royal Opera House in Covent Garden. "Ballet dancing could be very painful as at that time we were still using very soft pointe shoes," says June.

One of her favourite ballet pieces is the finale to Les Sylphides by Chopin. "I like how it is all in white, very ethereal. On one occasion I was dancing the solo part and my brother came to see me and had a front row seat. Afterwards, I asked him how he'd got on and he said, 'very well, but which one were you?' We all wore the same costume – white with feathers on our faces and our hair in nets and he couldn't pick me out!"

There were times when June was on stage while bombers roared overhead. "We went on doing it regardless. The Air Force people could be sitting in the front row and then there would be an emergency call and you would see them all getting up and going."

Finances were precarious, which in turn led to some exciting adventures. "You weren't paid to rehearse, so it was a very, very poor time," says June, "You found yourself waiting for someone to come along and do a show and choose you. That's how I got to Spain – a bus load of us went over the Pyrénées. After the show, a friend and I got left behind and ended up having to climb over the wires to get back into France. On the way home, I ended up spending time in a couturier centre in Paris, watching all these magnificent costumes being made. We lived with some students, and they didn't have any money either, and so our staple meal became potage, bowl after bowl of potage."

At the Royal Ballet, June shared not only the stage but a dressing room with Margot Fonteyn. "It always amused me because her under things were all silk and mine came from M&S!"

June also remembers how hungry she would get. "We'd rehearse all day and I remember going out and finding an old man selling sandwiches round the back of the Royal Opera House."

In the post-war years, June went to perform at Caux, Switzerland, where the Moral Rearmament Organisation (MRA) held conferences to bring together members of the international



community to work towards reconciliation. It was here that she met her husband, David Bowerman, who was working in agriculture for the Government.

On retiring from the stage, June opened a dancing school, teaching children aged four and up. The then Prince Charles and Princess Anne came for lessons in ballroom dancing. "We had a studio in London right next to Harrods," recalls June. "We were on the top floor and I remember looking out of the window and seeing the Queen visiting Lord Roberts Workshop [which provided work for disabled soldiers and sailors]. Charles and Anne waved and shouted 'hello, Mum!' but I don't think she noticed us."

Another student of June's was a young Sophie Rhys-Jones, who came to June's dancing school at Brenchley. "She was a very beautiful girl and had terrible trouble when the press were trying to find out who she was. I'd find them sitting out in the garden."

Having spent many years teaching dance to children, June enjoys the times when children come to visit Milward. Asked recently what wisdom she'd pass on to the next generation, June wrote 'Do exercises every day'. Coming from a former dancer, who has lived to a grand old age, these are wise words indeed!

## Gift FORM ...CONTINUED



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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.

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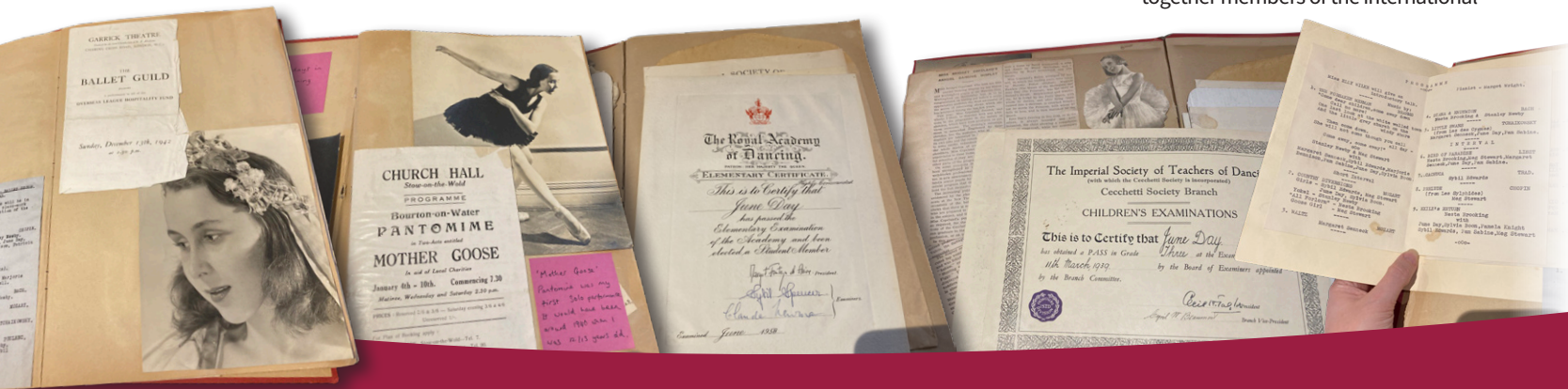
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I would like to receive email updates from Pilgrims' Friend Society with information about the charity's work and ways to support in prayer.

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



Find out more about our bespoke Christian approach to care *The Way We Care:* [www.pilgrimsfriend.org.uk/thewaywecare](http://www.pilgrimsfriend.org.uk/thewaywecare)



*Don't forget*  
You can also make a donation via our website. Please visit:  
[www.pilgrimsfriend.org.uk/Summer2024](http://www.pilgrimsfriend.org.uk/Summer2024)

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# Would you support our Hummingbirds? Reducing the effects of dementia through innovative interventions

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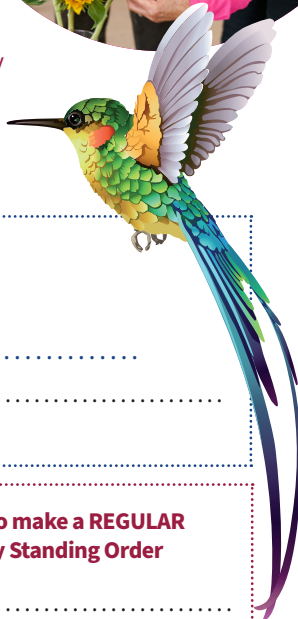
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**70%**

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**212**

Pilgrims' Friend Society family members impacted by dementia



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£ ..... Amount in words: .....

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

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

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Visit: [www.pilgrimsfriend.org.uk/Summer2024](http://www.pilgrimsfriend.org.uk/Summer2024)



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# 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](http://www.pilgrimsfriend.org.uk/care-homes)

[www.pilgrimsfriend.org.uk/housing-schemes](http://www.pilgrimsfriend.org.uk/housing-schemes)



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