



www.faithinolderpeople.org.uk

FAITH IN OLDER PEOPLE is a small voluntary organisation which aims to enhance the quality of life and well-being of older people by working with those providing practical, pastoral or spiritual care.

The COVID-19 crisis has highlighted the impact of being alone for many people on their mental health and their sense of self. A range of contacts and information channels to help and support people in these unprecedented times are listed below:

LONELINESS

"Loneliness and the feeling of being unwanted is the most terrible type of poverty" (Mother Teresa)

(Loneliness - Reaching out to the elderly and isolated. S. John Dawson and Pete Rujan (Grove Books 2015)

LONELINESS AND ISOLATION
BRITISH RED CROSS

Coronavirus and isolation: helpful things to remember about loneliness
Even before the coronavirus outbreak, one in five of us already said we often or always felt lonely. Over the coming months, many of us will experience uncertainty and lots of change.

We know that loneliness can be triggered by stress and poor physical and mental health. Significant life changes also spark loneliness - from stopping work to losing someone you love. Today's coronavirus outbreak risks making even more of us feel lonely - and sadly, people who are already isolated and lonely may become more vulnerable than ever.

Visit the website <https://www.redcross.org.uk/stories/disasters-and-emergencies/uk/coronavirus-six-facts-about-loneliness>

The Government announced that anyone over 70 should self isolate as a precautionary measure against the spread of Coronavirus (COVID-19).

This will have a significant impact on the health and wellbeing of millions of older people.

www.campaigntoendloneliness.org/campaign-end-loneliness-glasgow
www.campaigntoendloneliness.org/press-release/coronavirus-and-self-isolation-for-over-70s/

THIRD FORCE NEWS

The following link is to an article around the findings of the Mental Health Foundation on Loneliness and the pandemic:

<https://www.mentalhealth.org.uk/coronavirus/coping-with-loneliness>

THE SILVER LINE

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year. We also offer telephone friendship where we match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area.

The Silver Line Helpline -0800 4 70 80 90

CHEST, HEART AND STROKE SCOTLAND - advice line

CHSS want to reduce isolation and loneliness to people in Scotland. They have over 4,000 volunteers who can call, collect shopping, walk dogs and pick up prescriptions.

<https://www.chss.org.uk/coronavirus/i-need-help>

HUMAN RIGHTS

<https://www.alliance-scotland.org.uk/blog/opinion/what-do-human-rights-mean-in-a-pandemic>

SPIRITUALITY

From anecdotal and specific evidence it would appear that the spiritual dimension in peoples lives is becoming more important as we find different ways of feeding our spirits, More people are joining church services via the internet. A specific example is Shrewsbury Cathedral which usually attracts congregations each Sunday of between 600 and 700 people and about 1000 people on Easter Sunday. This year, however, a total of 11,446 watched the Mass via livestream, an increase of 1,044 per cent. The high point came on Good Friday when 13,594 people watched the liturgy remotely in their own homes.

<https://www.indcatholicnews.com/news/39394>

CARE HOMES

It is important to keep the residents and staff in our care homes in our thoughts as well as our NHS staff. They provide so much great care and particularly in the current circumstances with COVID-19. Many of the residents will be confined to their rooms so do not see other residents nor will they be able to have visitors so will be feeling isolated from family members and friends.

Could you send a card to your local Care Home so they know they are being thought about?

RNIB

How RNIB can help during the current Coronavirus situation.

<https://www.rnib.org.uk/scotland/how-we-can-help>

RNIB Helpline is available on 0303 123 9999 from 8am to 8pm weekdays and from 9am to 5pm on Saturdays.

Our advisors can give advice and information and referrals to other services.

RNIB Connect Radio

will continue to broadcast information and entertainment programmes aimed at people with sight loss, available on Freeview 730 and on 101 FM in Glasgow and online at

www.rnibconnectradio.org.uk

DEAF ACTION - MAKING A DIFFERENCE

The following link provides information about Coronavirus and services for people who are deaf.

www.deafaction.org/coronavirus-info

SCOTTISH PARTNERSHIP OF PALLIATIVE CARE (SPPC)

The Scottish Partnership for Palliative Care (SPPC) brings together health and social care professionals from hospitals, social care services, primary care, hospices and other charities, to find ways of improving people's experiences of declining health, death, dying and bereavement. It works to enable communities and individuals to support each other through these hard times. Below is the link to information and resources relating to the coronavirus.

<https://www.palliativecarescotland.org.uk/content/coronavirus>

HOURGLASS

Hourglass is the only UK-wide charity dedicated to calling time on the harm, abuse and exploitation of older people. We provide the only national helpline for people concerned about or experiencing abuse. Our experienced helpline information Officers can help you make the best choice to keep yourself safe and put you in touch with the appropriate agencies. It's entirely confidential, free to call from a landline or mobile and will not appear on your phone bill.

Call our Helpline on: 0808 808 8141- Monday-Friday, 9am to 5pm

AGE SCOTLAND

Age Scotland has compiled advice for older people and their families on how to avoid exposure to the virus, as well as actions we can take to help each other.

<https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus>

The Age Scotland helpline is a free, confidential phone service for older people, their carers and families in Scotland. Our team provide information, friendship and advice.

Our Helpline is free to call and available Monday-Friday 9-5pm

Call us today on 0800 12 44 222

ALZHEIMER SCOTLAND

During these uncertain and worrying times, we want to reassure you that we're here for you.

Our 24 hour Freephone Dementia Helpline is available for you whether you are looking for information, emotional support or just need someone to talk to. We have a team of dedicated volunteers willing to listen many of whom have personal experience of caring for someone with dementia. Call our helpline on 0808 808 3000.

The ALZHEIMER EUROPE BOARD adopts recommendations on how to promote the wellbeing of people with dementia and carers during the COVID-19 pandemic. Alzheimer Europe highlights how physical distancing rules affect people with dementia who may find their normal routines disrupted, lack cognitive stimulation, feel lonely and anxious and risk depression. Similarly, their partners, relatives and close friends involved in their care may encounter challenges due to the disruption of normal routines and the loss of support and closure of services.

The full recommendations are online at:

<https://www.alzheimer-europe.org/Policy/Our-opinion-on/Wellbeing-of-people-with-dementia-during-COVID-19-pandemic>

MENTAL HEALTH

There are things we can do to look after our mental wellbeing during this time. Below there is information, links and resources to help keep you informed and protect your mental health.

SAMH

www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub

CLEAR YOUR HEAD CAMPAIGN

These are worrying and uncertain times. The coronavirus outbreak has changed daily life for us all in Scotland and has had a real impact on how many of us are feeling. It's ok to not feel yourself right now, and we have some great tips to help get you through it.

For information and advice visit

www.clearyourhead.scot