



## Spirituality and Ageing – ideas and resources

### Websites with a range of resources for individuals and groups

The gift of years - resourcing the spiritual journey of older people. A Bible Reading Fellowship (BRF) website offering resources for individuals, churches, chaplains on a range of age-related issues, including Anna Chaplaincy.

<http://www.thegiftofyears.org.uk>

Christians on ageing (CCOA) - a pan-denominational organisation and website offering resources for individuals, churches, chaplains etc including the magazine 'Plus' (be careful how you search!)

<http://christiansonageing.org.uk>

Growing old grace-fully

<http://www.c8541953.myzen.co.uk>

Living Spirituality Connections - a hub for creative ways of exploring spirituality at the interface between traditional Christian faith and practice, and newly-emerging expressions of spirituality. The website is a resource through which people can find material, groups and people to help deepen their explorations.

<http://www.livingspirit.org.uk>

The Leveson Centre for the study of ageing, spirituality and social policy - lots of papers and books covering a range of subjects in detail, and useful lists of these.

<http://www.leveson.org.uk/levesoncentre/index.htm>

### Equipping the Church

Encircled in care - a resource to train, empower and enable pastoral visitors and others to share in Christ's caring ministry

<http://www.methodist.org.uk/ministers-and-office-holders/pastoral-care/training-in-pastoral-care>

or buy it for £17.50 here ...

<https://www.methodistpublishing.org.uk/books/me157-wn-07/encircled-in-care>

Growing dementia-friendly churches - a practical guide. Booklet produced by MHA and CCOA, promoted by MWiB in 2016

[http://www.mha.org.uk/files/3814/0931/8295/Growing\\_Dementia\\_Friendly\\_Churches.pdf](http://www.mha.org.uk/files/3814/0931/8295/Growing_Dementia_Friendly_Churches.pdf)

you can read it on-screen but to download it you need an MHA log-in ...

<http://www.mha.org.uk/about-mha/publications/>

or buy it for £6 here ...

<http://christiansonageing.org.uk/resources-for-allpublications-2books/products/growing-dementia-friendly-churches/>

Liveability - services and resources aimed at helping churches become more accessible and inclusive both for people with dementia and their carers. Download a handy guide of top ten tips for each of worship, prayer, communication, buildings, communities ...

<http://www.livability.org.uk/blog-and-resources/training-and-events/dementia-friendly-churches/>

'Living Liturgies - transition time resources for services, prayer and conversation with older people' by Caroline George for £7.99

<http://www.brffonline.org.uk/9780857463234/>

MHA publications, for which you need to register to be able to see what they have, such as: 'Crying in the wilderness: giving voice to older people in the church' by Graham Hawley and Albert Jewell

'Spirituality and Personhood in Dementia' by Albert Jewell and Keith Albans

'And still the music plays: stories of people with dementia' by Graham Stokes

<http://www.mha.org.uk/about-mha/our-publications/>

'God, me and being very old : stories and spirituality in later life' by Malcolm Johnson & Keith Albans - published by SCM, available from several websites (and bookshops!) for £19.99 or less.

'Dementia: living in the memories of God' by John Swinton available from several websites, eg SCM Press for £25. A practical theology of dementia.

The Silver Line - phone support for elderly people who are lonely (and there are a lot!)

Opportunity for Christians to volunteer and a model from which to learn?

<https://www.thesilverline.org.uk>

### **Creating opportunities for spirituality to be explored**

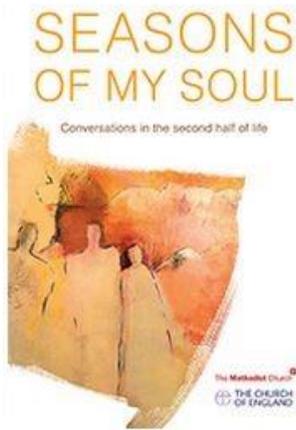
'A gift of ... remembrance, grace, prayer, Christmas, Easter.' £5 for a pack of 50 small booklets with simple lovely words and nice pictures.

<https://www.methodistpublishing.org.uk/search-results?q=a+gift+of>

Table Talk for Fourth Agers - a conversational game that can create space to explore spirituality with older people

<http://79.170.44.217/evangelismideas.org/idea.aspx?id=657>

The Ugly Duckling Company - a charity that exists to stimulate conversations about "the big" and "not-so-big" questions of life. <http://www.theuglyducklingcompany.com> Click on: Puzzling questions - six sessions on life's big questions



Seasons of my soul - conversations in the second half of life. A lovely illustrated book for groups to engage with eight themes: identity, memories, transition times, wisdom, roles and relationships, forgiveness and reconciliation, death and dying, celebration of life. Themes are explored in a range of styles suitable for adaption for different groups.

<http://www.methodist.org.uk/deepening-discipleship/small-groups/seasons-of-my-soul>

and click on the 'look inside' blue arrow, or buy it for £8.99 here

<https://www.methodistpublishing.org.uk/books/9781858523989/seasons-of-my-soul>

'Second wind: spirituality and the second half of life' by Martin Wray (MHA) - a series of six sessions to explore in a small group (need an MH log-in to access the publications section)

'What shall we do now? Christian resources for older people' (2002) published by the Women's Network of the Methodist Church

'Our last awakening: poems for living in the face of death' by Janet Morley. For personal reflection or in a small group of people who enjoy poetry and how it can speak to us.

"Falling Upward" - Book and companion Journal by Richard Rohr (2013)

### Practical help

'Words of Faith / Hope / Peace' - a Bible and prayer guide for people with dementia published by Scripture Union, £6.99 each

<http://www.scriptureunion.org.uk/shopwithus/1029.id>

Strength for the Journey - a picture book with texts to help talk about faith with those with dementia. There are other books covering a range of subjects and interests.

<http://picturestoshare.co.uk/collections/books/products/strength-for-the-journey>

Peak - brain trainer for iPad. An App of 40+ fun games to exercise the brain

<https://itunes.apple.com/us/app/peak-brain-training/id806223188?mt=8>

Resources - games, arts & crafts, pictures - particularly for people with dementia:

<http://www.activitiesoshare.co.uk>

<http://www.active-minds.co.uk/>

TwiddleMuff - a woollen muff, with twiddles attached inside and out, designed to provide a stimulation activity for the restless hands of disoriented or confused patients, particularly those with dementia. Here's how to create one ...

<http://www.knitforpeace.org.uk/wp-content/uploads/2015/07/Twiddlemuff-Pattern.pdf>



'Saying Goodbye: resources for funerals, scattering ashes and remembering' by Ruth Burgess. Poems, liturgies, and prayers. Includes sections for last months and days, grief, and life goes on.

<http://www.ionabooks.com/saying-goodbye.html>

### Learning in more depth

Certificate in Third Age Mission and Ministry at Cliff College

<http://www.cliffcollege.ac.uk/students/undergraduate/parttime/>

then scroll down and click on the + symbol

Research Symposium on Ageing and Spirituality - these seminars are an opportunity to share current or recent research in areas relating to ageing, faith and spirituality, and aim to bring together researchers and reflective practitioners. They are of interest to academic researchers, chaplains, health professionals, and any others who are interested in learning more about faith development and spirituality amongst older people. £35 including lunch and you'll need to book.

Thursday 17th November 2016 & Thursday 23rd March 2017, 0930h-1600h in Manchester

[http://www.mha.org.uk/news\\_archive/research-symposium-ageing-and-spirituality/](http://www.mha.org.uk/news_archive/research-symposium-ageing-and-spirituality/)