**Ministry with Older People: Chaplaincy**

**18 March 2021**

The following resources were shared during breakout groups discussing support for working with: people living in care homes; those living with dementia; those attending lunch clubs; and people unable to leave their own home.

The resources have not been grouped according to the above, as many of them will work across all four contexts

Resource List

* Link in with <https://www.mha.org.uk/communities/> for online activities, live concerts, quizzes, exercise classes etc.  Requires good internet connection.  Remember to mute yourselves when singing!

* Kathryn Lorde’s ‘Soul Stories’. <https://www.storiesforthesoul.org/team>. There are videos that can be used in care homes or people's own homes.  The use would need to make sure there is a good broadband connection - it can be a bit poor inn some homes

* Recording sermons/ reflections and putting them online/Youtube.
* Physical/tactile expressions of love and spirituality:
* Holding crosses
* Palm crosses
* Jesus pebbles/painted rocks
* letters, cards and children’s drawings
* Easter boxed containing:
  + Scripture verses for each day of Holy Week
  + Easter stones (painted)
  + Palm Cross
  + Hot cross bun.
* Ask people to pray for particular intentions/concerns – make them home-based prayer warriors.  Encourage sense of responsibility and participation in parish/community life.
* ‘Faith in Later Life’: [www.faithinlaterlife.org](http://www.faithinlaterlife.org/). Lots of resources, some free.  It also offers support for those who are working with older people with gatherings and webinars
* Anna Chaplaincy resources and carers’ guides: <https://www.annachaplaincy.org.uk/>
* Helpful books:
  + 'Living Liturgies', Caroline George
  + 'Messy Vintage - 52 sessions', Katie Norman and Gill Phipps
  + 'Chaplaincy and Spiritual Care in Mental Health Settings' by Jean Fletcher
  + 'The Book about Getting Older (for people who don't want to talk about it)’, Dr Lucy Pollock
  + ‘Pictures to Share’ series, especially Strength for the Journey
  + [Developing Deep Talk—training – Deep Talk (deep-talk.blog)](https://deep-talk.blog/developing-deep-talk-training/)
* Prayer Cards (coming soon) - Methodist Publishing House or Learning Network North West and Man
* Canterbury Cathedral’s YouTube channel <https://www.youtube.com/user/DandCofCanterbury>
* Table Talk <http://www.table-talk.org/>
* MHA Digital Communities – [www.mha.org.uk/communities/digital](http://www.mha.org.uk/communities/digital) - lots of resources around worship, singing, exercise and craft.
* Dementia Baskets. Available from:
  + <https://www.dementiaworkshop.co.uk/product-category/themed-memory-boxes-rummage-baskets-dementia-activity-alzheimers-residential-care-home-activity-coordinator-nurse-hospital-ward-engagement-tool-reminiscence-well-being/>
* <https://www.ageisjustanumber.org.uk/category/dementia/>

Some local library services also have dementia baskets that can be borrowed.

Handy hints

* Find ways of creating links with the older and younger generations.  Older people in care homes get alot of joy and comfort from cards, letters etc from local children.  If going through local schools, make sure the relationship created is reciprocal ie the children write letters (or even visit outside of Covid times), and you provide the school with an assembly, for example, or give your time to hear the children reading.  It also helps to link in what you are doing with the curriculum eg if they are writing letters, it links in with literacy
* For those living with dementia, Godly Play is really useful, but it is still dependent on context - for some people they really love it, whereas others living with dementia don't get on with it
* If you are working in a dementia unit, some have support workers or staff - create relationships with them too, work with them.  They know the people they are caring for
* Engage the congregation in your home church.  Take them with you to help.  You can't talk to everyone yourself. *(Note from facilitator: if you choose to do this, I would suggest proper training!  It wouldn't do to just let people loose in a care home, and they will need DBS checks of course)*
* Don’t underestimate the importance of phone calls and zoom conversations (including enabling access to Funeral Services online)
* For people with dementia especially, using old photos are a great way of getting conversations started, especially their own photos
* Try watching films together as conversation starters, especially those with a Biblical theme like ‘Bruce Almighty’
* Flower arranging is a pleasant activity that keeps people engaged and enables them to talk without maintaining eye contact