

## CONTACTS

### Faith in Older People (FiOP)

21a Grosvenor Crescent  
Edinburgh EH12 5EL  
T: 0131 346 7981  
[www.faithinolderpeople.org.uk](http://www.faithinolderpeople.org.uk)

### Age Scotland (formerly Age Concern Scotland and Help the Aged)

Causewayside House  
160 Causewayside  
Edinburgh EH9 1PR  
T: 0845 125 9732  
[www.agescotland.org.uk](http://www.agescotland.org.uk)

### Contact the Elderly

15 Henrietta Street,  
Covent Garden,  
London WC2E 8QS  
T: 0800 716543  
[www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

### Alzheimer Scotland

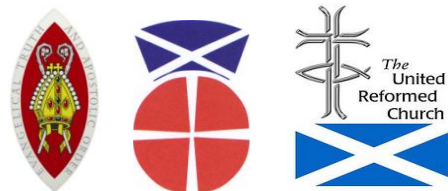
22 Drumsheugh Gardens  
Edinburgh EH3 7RN  
T: 0131 243 1453  
Dementia helpline: 0808 808 3000  
W: [www.alzscot.org](http://www.alzscot.org)

### RSVP (Retired and Senior Volunteer Programme)

CSV-RSVP  
12 Torphichen Street  
Edinburgh EH3 8JQ  
T: 0131 662 7766  
F: 0131 629 8185  
[www.csv-rsvpscotland.org.uk](http://www.csv-rsvpscotland.org.uk)

# FAITH in ACTION

# August



*Produced by the Church in Society Committee  
of the Scottish Episcopal Church, the Methodist Church in  
Scotland and the Church & Society Committee of the United  
Reformed Church Synod of Scotland (EMU)*



## The Elderly

**contact:  
[churchrelations@scotland.anglican.org](mailto:churchrelations@scotland.anglican.org)**

Monthly leaflets downloadable from  
[www.scotland.anglican.org/index.php/church\\_in\\_society\\_committee/](http://www.scotland.anglican.org/index.php/church_in_society_committee/)

Scottish Charity No SC015962

*The elderly are an all too neglected group within contemporary Scottish society. Although some elderly citizens enjoy an active social life, others suffer from acute isolation and worthlessness. To combat this latter tendency there is a wealth of things that you can do to help.*

You may wish to try the following:

- Pray for the elderly
- Adopt a Granny which allows you to sponsor an elderly person in the third world to ensure that they receive vital support in the way of food, clothing and medical care.
- Join the RSVP (Retired and Senior Volunteer Programme) provides quality opportunities for people aged 50+ to volunteer their skills and experience within their local community. It has 8,500 active volunteers across Scotland, England and Wales, providing valuable services in health, education and the environment. RSVP operates under the umbrella of CSV, Community Service Volunteers.
- Consider becoming a member of Age Scotland. This will provide you with up-to-date news about the welfare of the elderly in Scotland, news of campaigns and volunteering opportunities. They provide a range of factsheets on topics from Community Care to Crime Prevention T: 0845 125 9732
- Set up fundraising projects either by yourself or in your congregation to help organisations in this field carry out their vital work.
- Volunteer with Age Scotland which runs a range of voluntary projects for the elderly including their Handyman project which enables DIY enthusiasts to help the elderly in their area with minor household repairs.
- Volunteer to work in one of the many charity shops Age Scotland has which always need new staff and goods, as well as a post called Church Friends who liaise between the charity and the elderly people in Church congregations.
- Volunteer with Contact the Elderly which is a national organisation which seeks to combat isolation amongst the elderly by organising weekly tea-parties for small groups of elderly people.
- Volunteer with Alzheimer Scotland which is the leading, national organisation to help both those who care for and those who suffer from dementia by helping out in their local drop in centres or being a telephone operator on their 24 hour Dementia hotline.

## PRAYERS

**Lord,**

When the death of our friends leaves us lonely;  
when we lose the confidantes to whom over  
the years we have turned; help us to be  
renewed in the company of the saints and find  
ourselves sustained by their prayers and your  
compassion which never fails.

AMEN

**Lord,**

We thank you for the gifts of Age, the wealth of  
memories; the peace of prayer; the wisdom  
that has grown beyond all striving to rest in  
your grace alone.  
When increasing frailty of mind or body threaten,  
be with us as living water in the desert, a rock  
to give shelter.  
In word and sacrament, in the fellowship of your  
people give us the assurance of your  
everlasting care.  
And to us give the grace to receive all that  
your love brings to us.

AMEN

**Our Father,**

We thank you for the generosity of those who  
surround the elderly; for doctors, nurses,  
carers, friends and family.  
In giving and receiving may we build a  
community of care where each member is  
included, their needs met, their contribution  
valued, as once in Jesus, men and women  
touched and were touched to share his  
abundant life.

AMEN

**God of love,**

in every moment of our lives you are there  
within, beside and before us;  
awaken us to realise this in the passing of days,  
months and years so that we might grow old  
in the glorious eternity of your presence and  
thus praise you in the elderly.  
In the name of our Lord and Saviour,  
Jesus Christ:  
who reigns with you in the unity of the  
Holy Spirit,  
one God, now and forever.  
AMEN.