



Taking ageing and faith seriously

Annual Report and Statement of Financial Activities for the year ending 31 December 2016

Project for Seniors and Lifelong Ministry

Registered Charity No. 1103130

Registered Address: St Pancras Church, Euston Road, London NW1 2BA

www.psalm.org.uk

To advance the education of the public in the subject of the care of the elderly, including self-help by older people, through the provision of lectures, seminars, hands-on training, and provision of a publication resource centre

1. GOVERNANCE

PSALM (Project for Seniors and Lifelong Ministry) is governed by the constitution, dated 2004, amended 2007, which provides for a Trustee Board / Executive Committee. Ex officio members are the Vicar of St Pancras and Chair of Edmonton Episcopal Area Social Justice Committee (vacant: see note below). St Pancras' PCC and Edmonton Area Council each appoint 3 members to the Executive Committee. Up to 4 PSALM members are elected to the Trustee Board at the AGM, and in addition up to a further 4 members can be co-opted. The Chair, Treasurer and Secretary are also elected at the AGM. The term of service for all officer holders and trustees is one year, renewable from year to year.

2. EXECUTIVE COMMITTEE

2016 Trustees

Revd. Anne Stevens

Electing Body

Ex-officio, Vicar of St Pancras

[Elected as Chair by the members at the AGM]

Dorothea Hackman

St Pancras PCC

[Elected as Treasurer by the members at the AGM]

Frances Mills

St Pancras PCC

Anne Rouse

St Pancras PCC

Robert Andrewes

Edmonton Area Council

Beryl Dowsett

Edmonton Area Council

Irene Money

Edmonton Area Council

Rev'd. Audrey Browne

Elected by members at AGM

John Willmer

Elected by members at AGM

Gaynor Dunmall

Elected as Secretary by the members at the AGM

Note: Due to the previous disbanding of the Edmonton Episcopal Area Social Justice Committee, the ex officio place on PSALM's Executive Committee remained vacant throughout 2016.

During 2016, the Executive Committee met three times, in February, May, and September. In fulfilling their legal and administrative responsibilities, the Trustees have:

- considered and evaluated the ways in which PSALM can meet its objectives;
- monitored the budget and made decisions in the light of funds available;
- reviewed the risks to which PSALM is exposed and considered ways to mitigate these;
- taken due note of the Charity Commission's guidance on public benefit.

3. PSALM TEAM

A major change in the core team took place during the year when Ann Morisy left her role as one of the Coordinators. This was announced at the AGM in April, and took effect from June 2016. Ann has been key to the success of PSALM since its foundation, providing wisdom, inspiration and expertise as well as establishing its distinctive collaborative approach. The PSALM team are delighted that Ann will still be available for consultancy work and to lead some workshops as an Associate.

Ann Wright, Claire Pinney and Gaynor Dunmall continued their work with PSALM throughout 2016. Ann Wright led workshops and outreach work, Claire provided artwork, design and graphics, and Gaynor has provided support in her role as Administrator, although she scaled back on her administrative role as she returned to full-time employment. In addition, Roy Sully (Finance Officer of St Pancras Church) worked with Dorothea (as Treasurer) and Gaynor to ensure that PSALM's finances were dealt with effectively and efficiently.

4. MEMBERSHIP AND MAILING LIST

PSALM's mailing list numbers (both email and postal) saw a small increase in 2016. Individual and corporate membership remained stable.

5. OBJECTIVES, ACTIVITIES AND ACHIEVEMENTS

During the year, the PSALM coordinators and additional Associates continued to develop a programme of workshops, consultancy and networking that encourages a wider understanding of the benefits of 'taking ageing and faith seriously.' The support provided by St Pancras PCC and church has been crucial to this work, and PSALM is grateful for the provision of office space and facilities. Gifts in kind have also been contributed by volunteers, particularly in time donated in preparing and planning workshops, and by free or subsidized use of venues.

5.1 Annual lecture and AGM.

The AGM was held at St Pancras Church on Tuesday 12 April 2016, followed by a lecture by Mick Morrell, the manager of the Furzedown Centre for Older People in South London. Established forty years ago, this member-led organization has used the 'assets' brought by its members to provide a wide range of activities run by and for older people. Mick gave an overview of the history of the Centre, the support it provides through activities and events, and 'Ten top tips' for encouraging the participation of members.

5.2. Workshops, Networking, Outreach and Consultancy

A new initiative in 2016 was the provision of training for volunteers working with vulnerable people. Ann Wright and Joanna Cox led three training sessions for volunteers at the British Home in Streatham (a residential home working under the MHA (Methodist Homes) umbrella to provide care for people with terminal illness and long term severe disability). The manager with responsibility for volunteers asked PSALM to provide some sessions that were also open to local volunteers from Streatham Senior Connections. Two topics were covered: Health and safety (run twice) and Safeguarding. The sessions were very well received, with participants commenting on the relaxed and friendly atmosphere which encouraged everyone to contribute to discussions, the benefit of thinking about the reasons behind guidelines and policies and a greater understanding of their role as volunteers. Comments included

'I thought this might be a boring subject, but it was done in a very interesting way.'

'Excellent in every aspect - informative, fun and useful.'

'This training should be compulsory for all volunteers. Everyone would benefit from it.'

A workshop on 'Generosity in Later Life' was led by Ann Morisy and Ann Wright at St Matthew, Westminster in October. Although numbers were low, this event was greatly enjoyed by those present.

Ann Morisy also gave presentations to:

- The United Reformed Church's South London Synod on 'Church for older people.'
- Amersham CRUSE on 'Issues of Age.'
- Furzedown Council of Churches on 'Faith matters for older people.'
- The Risen Christ and All Souls Church, Clapton Park. 'Cherishing an Older Congregation' as part of the Lent Lectures.
- St Mary Abbots / Kensington and Chelsea Older People's Forum on 'Living Well with Memory Loss'
- Christchurch-on the Mead Forever Young Group on decluttering.

She led two sessions on 'Decluttering' for Hampstead Parish Church's 'Holiday at Home' in August, and three sessions on 'Growing older with faith in mind' for an ecumenical group in Kingston. In addition, Ann authored a chapter on PSALM's approach in "Spiritual Dimensions of Ageing" edited by Malcolm Johnson and Joanna Walker and published by Cambridge University Press (2016).

Ann Wright gave a presentation on ageing and faith to the Autumn Meeting of Oxford Diocesan Mothers' Union. Although this is outside PSALM's normal geographical area, it was a good opportunity to promote the catalogue, website and value of the 'PSALM approach'. She was also invited to run a workshop on 'Walking with God in retirement' as part of a Reigate Deanery event, which was well attended.

Links with St Mary Abbots and the Kensington and Chelsea Older People's Forum developed during the year. Ann Morisy led a session for Zara Ghods and the Older People's Forum on 'decluttering' as a pilot for a proposed series in partnership with PSALM and St Mary Abbots. PSALM agreed to contribute four sessions between October 2016 and March 2017:

- 6 October. 'Living in a changing world' - Ann Wright
- 10 November. 'Grave Talk' - Ann Morisy
- 16 February 2017. 'Who do you think you are?'
- 9 March 2017. 'Living alone in later life.'

Southwark SAGE (The Southwark Diocesan working group on Spirituality and Aging) has been a valuable partner for work in South London. PSALM advertised and promoted a special service in celebration of grandparents held at Southwark Cathedral on Saturday 9 July, arranged by SAGE in association with Southwark Mothers' Union. Two workshops were offered before the service: 'Faith development through play' and 'Sharing faith with teenagers.' Those who attended really appreciated the workshops and the service as well as the opportunity to reflect together on the role of grandparents. Joanna Cox is the new Chair of SAGE and is continuing her association with PSALM; Ann Wright is also a member of the working group, and maintains the links with PSALM.

This partnership was demonstrated at a Southwark training session on 'Talking about death and dying' held on 8 October, which was led jointly by Joanna and Ann. Ann Morisy will be speaking at a further Southwark training session about the spirituality of ageing in May 2017, wearing a PSALM Associate hat.

Links with MHA have continued during the year. An excellent opportunity for networking was provided through the stall that Ann Morisy took to MHA's major conference at Methodist Central Hall on 29 February. PSALM has also supported CCOA (Christians on Ageing) in their research project on older people and isolation. In excess of 150 PSALM catalogues have been distributed at events and to organisations and individuals enquiring about PSALM and its activities during 2016.

5.3. Gravetalk

The Church of England's Gravetalk initiative is encouraging people to talk about death, dying and funerals - big questions that we need to face at some point. PSALM has undertaken a number of initiatives, having piloted the Gravetalk approach in 2015 with the congregation at St Pancras .

- A Southwark training session on 'Talking about death and dying' was held on 8 October, led jointly by Joanna Cox and Ann Wright
- Ann Morisy with the Rev'd Graham Noyce, the Area Dean of Brent, hosted two Gravetalk sessions at the Royal Hospital Chelsea

Ann Morisy with the Rev'd Lisa Wright also hosted four sessions on death, dying and funerals at La Casita Restaurant in Streatham.

6. FUTURE PLANS

- The Executive Committee will be discussing ways to continue PSALM's work and future priorities, taking into account the changes of personnel. This will include a review of membership and what the charity is able to offer to both individuals and organizational members.
- There is an on-going commitment to work with St Mary Abbots and the Kensington and Chelsea Older People's Forum and support their programme.
- Links with SAGE in Southwark are continuing, with Ann Morisy leading a workshop on 'Spirituality and Ageing' on 20 May 2017.
- Joanna Cox and Ann Wright are continuing to work on sessions that can be provided for church volunteers wanting to work with older people in different contexts. The next training session on listening and communication skills will be held in Streatham on 11 February 2017.
- Development of the website will be undertaken during the year.
- Redeveloping the relationship with Edmonton Area Council and the deaneries and parishes.

7. FUNDING AND OTHER SUPPORT

2016 has not been an easy year financially as it is becoming increasingly more difficult to obtain larger sums by way of external funding. PSALM's work is limited by this, as well as by the time available by its coordinators and associates. The Executive Committee is addressing this as a matter of urgency.

In this financial climate, we remain indebted to St Pancras Church for its ongoing support, which provides PSALM with an essential office base for its activities. We were fortunate and thankful to, once again, obtain significant funding from **The Thanet Street Trust** in 2016. This funding enabled PSALM to continue its work and assisted with the development and delivery of workshops. We are so grateful for the consistent support shown to PSALM by the Thanet Street Trust.

We want to say an explicit thank you for the:

- subscriptions from **members**;
- 'fees' from **groups** requesting PSALM workshops and conferences;
- donations from **individuals and churches** – particular note – and thanks – should be made of the continuing, generous financial support received from **Hampstead Parish Church**;
- gifts in kind from those with distinctive expertise and from **St Pancras PCC**.