



Taking ageing and faith seriously

Annual Report
for the year ending 31 December 2018

Project for Seniors and Lifelong Ministry

Registered Charity No. 1103130

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

www.psalms.org.uk

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

2018 Trustees	Electing Body
Revd. Anne Stevens	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 [Elected as Hon. Secretary by the members at the AGM]
Irene Money	Edmonton Area Council
John Willmer	Elected by members at 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 2018.

During 2018, there were three business meetings of the Executive Committee, in February, May, and October.

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;
- prepared for implementation of the new General Data Protection Regulation (GDPR);
- 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

The PSALM Associates met during the year to plan and coordinate a programme of workshops and other events. Ann Wright and Ann Morisy have continued to share leadership of workshops, seminars, and consultancy as requests have been received from churches and other organisations. We were delighted to welcome Revd Eileen Turner to the Team during the year. Eileen is a retired adult trainer / educator and priest, who recently moved to South London and was introduced to PSALM; her skills and expertise have already added to the depth and range of the workshops that we are able to offer, and we look forward to working further with her in the future. Claire Pinney's artwork, design and graphics have continued to enhance posters, flyers and publicity material, and we are grateful for her on-going commitment to PSALM.

Additional administrative support was required to fill the gap left by Gaynor Dunmall's move out of London. Helen Skinner and Libby Lazenby have shared many of these tasks between them, and their support and practical help have made a big difference to PSALM's capacity. In addition, the Finance Officer of St Pancras Church (Deseline Djiayep) has worked with Dorothea Hackman, PSALM's Treasurer, to ensure that the finances were dealt with effectively and efficiently.

4. MEMBERSHIP AND MAILING LIST

Work on updating the database was undertaken as part of the preparation for compliance with GDPR and is leading to a more accurate list of both full members and those who wish to receive mailings by post or email. This has inevitably led to reduction in the numbers of both, but there is greater confidence that our circulation list is more realistic and communications are reaching those who support our work.

5. OBJECTIVES, ACTIVITIES AND ACHIEVEMENTS

PSALM's core objective is to encourage a wider understanding of the benefits of 'taking ageing and faith seriously' and to draw on the resources of our faith to build resilience as we face the various challenges of growing older. Workshops, seminars, provision of training and outreach work have contributed to this overall objective. The support provided by St Pancras PCC and church has been crucial to the work. PSALM is grateful for the provision of office space and facilities, which has included extra cover for administrative tasks such as answering phone messages and checking post. 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 14 March 2018, followed by the annual lecture presented by Ven Christopher Skilton, Archdeacon of Croydon in the Diocese of Southwark. Entitled 'Will you still need me, will you still feed me – when I'm 84?' Chris used the concepts of wisdom, identity and time to encourage us to rethink the Church's approach to ministry with older

people, avoid stereotyping and widened the theme out to reflect on the way that we see and treat people of all ages.

5.2. Workshops, Networking, Outreach and Consultancy

Two **workshops** were held at St Pancras Church Hall during 2018. On 16 April, Ann Morisy and Eileen Turner led '**Decluttering in later life**' – a topic that has been much requested and was revised for this event. Eileen was able to draw on her own recent experience of downsizing, and many helpful tips were shared about how to handle the memories attached to some of our possessions. '*Marvellous*' was the comment heard from one participant. The second workshop, held on 13 September, had a lower attendance but all those present engaged fully with the theme, were positive about the workshop and went home buzzing with ideas. '**Songs for the Road**' was led by Eileen Turner and Ann Wright and looked at our life journey and the feelings and emotions that arise from these experiences. This led into an overview of the way that the whole of life is reflected in the Book of Psalms, and the value of using the wisdom of these ancient songs to express our own feelings about contemporary issues. A simple template for writing our own psalm was shared – which met with such enthusiasm that the workshop slightly over-ran!

A new and valuable opportunity arose when PSALM was invited to run three sessions at the weekend residential for **St Augustine's Theological College** (formed by the merger of the Southwark Ordination Course with the Canterbury School of Ministry to serve the dioceses of South East England through ministerial formation for both licensed lay and ordained ministry). Ann Morisy led these sessions on 19 May on the theme of 'Age on the agenda.' We hope that this is an indication that the ageing of our population is an issue which is now to be taken more seriously in the training of ordinands.

During the year, Ann Morisy was engaged in **outreach and consultancy** work, including work with Holy Trinity, Sloane Square. An options report was written and sermon and an after lunch address were all part of PSALM's contribution to the parish's consideration of its work with and for older people. Ann also facilitated a Saturday conference for the parish of Old St Pancras and it was agreed that a donation should be made to PSALM in lieu of any fee.

Networking with other groups and organisations with an interest in spirituality and ageing continued. Ann Wright is a member of the Southwark SAGE (Spirituality and Age) group chaired by Joanna Cox, and acts as a link between SAGE and PSALM. Links with MHA (Methodist Homes) have continued during the year, and PSALM is also in touch with CCOA (Christians on Ageing) and PARCHE (Pastoral Action in Residential Care homes for the Elderly) in Eastbourne.

5.3. Communications

The review of existing databases, policies and procedures linked to GDPR was a valuable exercise and led to developments in PSALM's communications. During 2018, Libby Lazenby worked with Maggie Willmer to re-establish the separate PSALM **website** with the domain name

<http://psalm.org.uk> The initial home page has been set up, and further content will be added over the year. An occasional **newsletter** was also introduced, to share information about PSALM's activities and other items of interest to our members and friends. Libby Lazenby collected material for this and edited an attractive and helpful production that has been well received.

6. FUTURE PLANS

PSALM continues to respond to requests for help in engaging with ministry and older people, and to look for opportunities to develop its work further. Plans for 2019 include:

- Running three or four workshops at St Pancras Church Hall, with titles and dates to be confirmed. Suggestions for topics that might help churches and individuals to negotiate the new map of life are always welcome!
- Further development of the website and providing additional content to reach beyond the geographical area that PSALM can cover.
- Planning and circulation of three or four newsletters during the year.
- Working with Sage on a joint conference (pencilled in for autumn 2019) on loneliness.
- Strengthening the core team and trustee board in a way that retains PSALM's model of dispersed and collaborative leadership.
- Reviewing existing procedures and developing new ones where required to create a policies and procedures file for future reference.

7. FUNDING AND OTHER SUPPORT

In the current difficult 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 obtain significant funding from **The Thanet Street Trust** in 2017. This funding enabled PSALM to continue its work and develop and deliver workshops, and is much appreciated.

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**.

