

A Welcome from Rev. Erica Roberts

Community is an integral part of the African way of life, identified through the South African expression, 'Ubuntu', or 'I am because you are'. It is the capacity in African culture to express compassion, forgiveness and reciprocity in the interest of building community with mutual caring.

In Archbishop Desmond Tutu's autobiography, "No Future Without Forgiveness", he explains this about Ubuntu:



"Ubuntu is about the essence of being human, it is part of the gift that Africa will give the world. It embraces hospitality, caring about others, being willing to go the extra mile for the sake of another. We believe that a person is a person through other persons, that my humanity is caught up, bound up, inextricably, with yours. When I dehumanize you, I inexorably dehumanize myself. The solitary human being is a contradiction in terms. Therefore, you seek to work for the common good because your humanity comes into its own in community, in belonging."

As we celebrated our African Safari together, I like to think that we also discovered something of this deeply embedded African philosophy of Ubuntu here in Southampton!

Creating community across the generations is an integral part of Caraway's vision to support those who are socially isolated in their later years. It has been a huge pleasure to see over two hundred people come together in three different parts of Southampton, to attend an 'African Safari at Home' during June and July. We have seen unexpected connections made, new volunteers encouraged and community coming together in creative ways, with many offering their time and gifts so generously. We have laughed together, sung together, danced together and of course shared meals together!



Erica Roberts, City Chaplain for Older People

A Successful First Holiday at Home at Lordshill

Joy, fun and laughter lit up every face around the room. Hands were in the air and everyone joined in the dance moves as the sounds of African drums resounded. It was genuinely one of those moments I will



remember for many years to come, and it was impossible not to smile and join in. The African Dance Workshop run by the brilliant Leila Hyde of FUNK Street Dance, with a bit of history and chair based dance was just one of the activities on offer at Lordshill Church's first Holiday at Home.



The theme this year was 'Safari' and guests were welcomed to the Savannah with fresh fruit smoothies and the chance to relax, chat and settle in. This gave some people the chance to get over initial bewilderment at the transformation of their church into an African scene! Answers to the Safari animal quiz questions were hotly debated until the day was formally started by a Welcome from Chris and Faith.



Following that, people were able to circulate between the activities. Glass painting crafts to create tealight holders were undertaken with enthusiasm, and the resulting bejewelled creations were extremely effective. The bespoke Safari Landrover provided an atmospheric

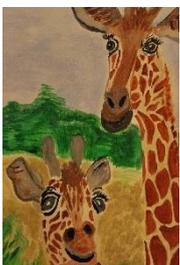


setting to watch Safari footage on film. Safari themed puzzles were undertaken with glee and the talks by Helen on her time in Botswana were very popular. Many people took the chance to don a pair of binoculars and a silly hat for the Photobooth shoot against the fantastic and ginormous



canvases painted with scenes from a Safari.

There was a clear sense of community within the room with many of those attending knowing each other well. People clearly enjoyed the chance to do something completely different within the comfort and familiarity of their own local church. It was great to chat to everyone, trying to work out which Val was



which, and hearing the story of a lovely couple, who having met later in life, were organising their wedding day! When asked if she was enjoying the day, one lady said 'oh yes! I've never been on Safari before, and this is just wonderful!' It was a day of discovery, learning, community, chatting and enjoying being together. However, my lasting image will be of those wide smiles, the giggles and the fun of the chair dancing to the irrepressible beat of the African Drums under the watchful gaze of those cheeky giraffes.

A Poet in Residence



At Highfield, Gillian Gain has been a regular guest at our Holiday at Homes over the past years. For each destination, she has written a poem to describe the journey and the fun had along the way, and this year is no exception!

SAFARI

If you've ever been to Africa, you'll know it's not one country.
 That Marrakech is different as Cape Town from Zimbabwe.
 Morocco in the north, has deserts dry and arid,
 While Congo In the centre, is humid, wet and swampy.
 In Kenya they grow coffee, and sugarcane in Ghana
 In Senegal they all speak French. In Egypt, know your khama!
 To go inside a Pyramid is nothing short of scary,
 But right up on a camel's back, it's high; you'd best be wary
 Of being snapped by camel men, in an embarrassing position.
 They charge the earth for photos; it is their life-long mission.
 In Tanzania the elephants, the lions , the buffalo,
 Are glimpsed through strong binoculars. But then the huge rhinos
 Come right up to safari bus and do not seem afraid.
 But just beware those horns. Keep safe and stay back in the shade.
 Catherine came and took the pics. Ros painted on the wall
 Carolyn did cards with elephants. Penny's Gospel group came from Central Hall
 The safari jeep was built by Roger, Rob & Steve
 And Stephen talked of life in a safari park. We didn't want to leave.
 Jane Warren came from Portsmouth . 16 snakes live in her house.
 The boa Cranbury curled round her neck. But it wouldn't kill a mouse.
 Matty had a python , Syphon was all of 12 ft long.
 He looked quite harmless, I must say. But then I might be wrong.
 Leila from the 'Funk St Co.' assisted by kids from Gregg's
 Taught us dancing African, using arms instead of legs.
 Cara spoke of South Africa . Ellee brought in 'Resound'
 A Gospel Choir from Burgess Rd. It was delicious sound.
 Oh Praise the Lord! Tami came, from 'The Oasis of Life.'
 He sang with baby on his hip. Lunch was cooked by his wife.
 Mark Roberts cooked on Thursday, chicken stew, plantain and rice.
 Nigerians cooked on Friday, the food had extra spice.
 To Erica and all her team, too numerous to mention,
 So if you don't see your name in this, it wasn't my intention.
 To other staff, Rob, Carol, Chris, Faith, Margaret & Anne,
 And Marion, Cynthia & Terry. They saw all went to plan.
 But most of all to Erica, it is a huge Hurray
 Let's pray that she'll be here next year, and plan another day.

A Poet in Residence cont....

Gillian also offered this Ode to Africa, as a more serious reflection on some of the challenges faced throughout this amazing continent as a result of poverty, political discord and climate change. The clarion call at the end is for us to work together, the global community, for the common good. Of Africa.

An Ode to Africa

The people and the colours are alight
They intertwine with markets in the town
And yet there's something which is not quite right,
As poverty on pavements, bears right down.
Resilient in grief. But babies die.
Diseases treatable in the West.
In Africa, cannot a death preclude.
And hopeless, sickly people lie,
And they, in poverty, are asking whether
To count on us, and all together
We'll help them for the common good.
Of Africa.

Gillian Gain

Classic Cuppa has Launched!

Classic Cuppa is a brand new drop in coffee morning that is taking place every Monday at St Mary's church in Sholing from 10 - 11:30am. Smiling helpers serve coffee and tea with delicious biscuits and cake on beautiful vintage tea sets making this is a wonderful opportunity to chat, relax, meet old friends, and make new ones in a warm and friendly environment.



The wonderful Classic Cuppa team at the launch on the 13th May.

A Man with a Plan

When Erica mentioned that the Gift of Years was offering grants for projects connected to 'Men's Spirituality,' I immediately thought of the existing monthly Men's Breakfast at Lord's Hill Church. A group of up to 10 men members of the congregation, mainly older, meet for breakfast and discussion one Saturday a month - but the discussion has hitherto been a bit random. With the BRF grant, we have been able to order copies of Dai Hankey's book 'A Man's Greatest Challenge,' to give to all our men breakfasters, with the idea that they read a chapter each month before our meeting, and then discuss it over breakfast. The grant is also paying for the food for the breakfasts while we're reading the book together. We're due to begin in August, so how it will go is yet to be seen - but the Gift of Years have asked us to write things up as a case study that no doubt Caraway will be able to see as well.



It's great to be able to focus an existing activity for older men onto something that is more explicitly about men's spirituality and discipleship (the two go together, of course!).

And what is the greatest challenge for men? I'm tempted to say 'Answers on a postcard please ...!' But I won't

Chris Knights

Priest in Charge of Lord's Hill and Lord's Wood and Caraway Trustee.

Care Home Training

For all those offering their time as volunteers in Care Homes, with Caraway or their local Church. We will be offering an introductory session for new volunteers as well a session focussing on communicating with those living with dementia. It is also a good opportunity for those considering volunteering in this area to find out more. This session will be followed by refreshments.

On **Wednesday 13th November 2019, 2-4pm**

At **Highfield Church Centre**

Following the training session, we are also excited to welcome a guest speaker **Dr 'Tricia Williams**, who will share some of her findings from her recent PhD that looked at Knowing God with Dementia.

4:30 - 5:30pm

Highfield Church Centre

Please RSVP - caraway@caraway.uk.com. Or feel free get in touch if you would like any further information.

Caraway Tea Dance - Help Needed

We are really excited to be celebrating 'International Older Persons Day' with a Tea Dance! An event where everyone is welcome to come and enjoy watching some dancing, joining in if they are able, and to partake of a delicious afternoon tea accompanied by some live music! With guest dancers from DM Studios, and the fantastic band 'Second Wind', we hope this will be a memorable occasion. A chance for older people from across Southampton to come together, dance together, eat together, and make new friends in a safe and welcoming environment.



We are currently recruiting team for this event, for help on the day to welcome and serve the guests, as well as people to bake cakes for the tea. This is a really wonderful one off opportunity to serve in the community, so if you, or someone you know might be available to help, please contact us: caraway@caraway.uk.com.

Memory Cafe

Memory Cafes are for families affected by dementia, both carers and those who have dementia. They are regular carer focussed meetings across Southampton run by Admiral Nurses, and in Highfield and Lordshill, supported by Caraway volunteers Vanessa and Suzanne.

Admiral nurses help families face dementia, and I have seen happy and supportive sessions at these memory cafes. There is a theme each session, health, exercise, safety and singing for example. The atmosphere is relaxed and accepting. There is often a dog or two, strawberries and cake, and laughter and sharing. A great place of support.



- **The Highfield memory café runs on the first Wednesday of the month from 1.30 to 3.30 pm**

- **The Lordshill Memory Café is run at Lordshill Church on the second and fourth Wednesday of the month from 1.30 till 3.30pm.**

Dementia Friendly Film Afternoons

I loved seeing the film "An American in Paris" last week with about 14 viewers. This is a dementia friendly event, and open to anyone, is a relaxed film viewing, with a chat and a cuppa in the interval. We even had ice cream last week!

There is a film afternoon at Highfield Church Centre every 6 weeks, and the next one will be on September 18th, 2019 and West Side Story will be the film, do come!

Film afternoons are planned to begin in the Autumn in Lordshill too, so watch this space!



Meet our New Volunteers

We are delighted to extend a warm welcome to Suzanne, Vanessa, Margaret, Kathy, Hannah and Freya who have all been providing invaluable help across our recent events. It is wonderful to have new volunteers joining the team. We are hoping to keep expanding our volunteer pool, and to develop further training to support our volunteers.

Freya enjoying chatting to Cathy at Highfield's Holiday at Home



We asked Kathy Hyde to tell us a little about herself, and what brought her to older persons ministry:

"I'm Kathy, and I am a co-worker with Church Army, supporting the work of the mission centre here. I'm married to Captain Tim Hyde, lead evangelist for Church Army's Southampton Centre of Mission, and we are based at St Mary's church, Sholing.

I am due to complete a Diploma in Theology, Ministry and Mission in the summer, which I've accessed through Church Army. Over the course of the four years of study, I had been wondering what God would want me to do with what I'd learnt and it happened that my elderly parents began to deteriorate in health, in fact my mother developed Alzheimer's and had to be moved in to a care home. My parents live two hours' drive away, and I was not able to be there for them as frequently as I would have wanted to be, due to the distance, the cost of travel and time constraints of our work. This was something that deeply saddened me, and in response I decided to channel my studies and use my skills to be able to make a difference and "be there" for someone else's parents, because I couldn't be there for mine.



As time went on I began to feel a stronger and stronger call to this work, then one day I met Marion, who introduced me to the work of Anna Chaplaincy. For the past 18 months I have been watching and learning from Marion and others from Caraway, and my passion for the care of the physical, mental and emotional well being of older people has grown, particularly the spiritual aspect of their well being. I am very interested in learning more about the effect of dementia on the spirituality of older people, so that I can enable them to maintain connection with the faith they have. I am volunteering with Caraway so that I can support and help make a difference to older folk and their families in our community in their golden years."

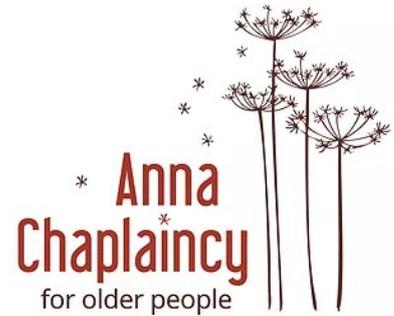
If you or anyone you know might be interested in volunteering for Caraway, please get in touch - caraway@caraway.uk.com or see our website for further information - www.caraway.uk.com

Exciting Anna Chaplaincy Update

"Anna Chaplaincy has come of age!"

A quote from Julia Burton-Jones at General Synod!

It was exciting to hear the importance of Anna Chaplaincy in an ageing population being discussed at the Church of England Parliament, General Synod. Not only were stories shared illustrating the impact of good pastoral care for the older person, but an exciting motion was passed recommending that Anna Chaplaincy should be recognised and commended across all Dioceses.



The following motion was passed overwhelmingly:

That this Synod:

- (a) recognise and commend the important work of "Anna Chaplaincy" and "The Gift of Years";*
- (b) request all dioceses to raise the profile of work with those diagnosed with dementia and their carers; and*
- (c) call on Her Majesty's Government to report on progress on the achievement of the Prime Minister's "Challenge on Dementia 2020", and on what steps are being taken to join up health and social care to ensure the seamless transition from one to the other for people with dementia.*

Recognising the increasing value of the role Anna Chaplains have in supporting the emotional and spiritual care of the older person, Bible Reading Fellowship, The Gift of Years, have changed their emphasis to become BRF, Anna Chaplaincy with a new website and blog (<https://www.annachaplaincy.org.uk>)

Caraway Anna Chaplains play an essential role in resourcing the spiritual well-being of the older person in Southampton (<https://www.caraway.uk.com/how-we-help/anna-chaplain/>) We plan to develop a wider network of Anna Chaplains over the coming year so that we can respond to the increasing demands of social isolation, frailty and the challenges of facing the end of life with peace and hope.

Our New Website

We are very excited that the Caraway website is fully up and running! An invaluable tool that will enable us to better spread the word about the services and events we offer. We hope to use it as a platform to tell our story, to publicise our events and to keep supporters and friends up to date with news. It will also enable us to apply for grants that will further the work that Caraway does. If you haven't yet taken a look - please do! A warm welcome awaits!



Upcoming Events



Vintage Adventure

Join us for a creative exploration of a Bible passage with:
 Coffee & cake
 Time to chill & chat
 Light lunch provided

Next Meeting: Tuesday 10th September
 Highfield Church
 11 - 2pm

hc older people

City Chaplain for Older People



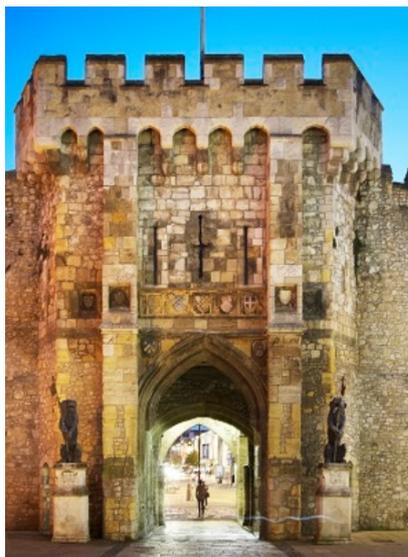
Caraway  **United Nations**

You are warmly invited to a Caraway
Tea Dance
 to celebrate International Older Person's Day!

1st October 2019 2 - 4:30pm Highfield Church

All welcome to join us for some relaxed dancing, delicious tea and live music!

Tickets are available from Highfield Church Office for £2.50 each. To book, please call 02380 558234 or email office@highfield.church!



City Prayer for Older People

Join us to pray for and with our older people

Weds 2 October 2019

The Hub, Victory Centre
 154-156 Portswood Road
 SO17 2NH

1-3pm
 All welcome, tea, coffee and cake provided

Caraway Revd Erica Roberts
 Caraway.soton@gmail.com

GATHERING THE HARVEST IN OUR OLDER YEARS