



PILGRIM CARE NEWS

The newsletter of Pilgrim Care, St Andrews

In this issue:

- Welcome
- AGM Notice
- Dementia Friendly St Andrews
- Primary Care Emergency Service slated to close in St Andrews
- Community Hub Opens Officially
- Planning Updates
- Membership
- Prayer Meetings
- Care Inspectorate
- Cath's Corner
- Leaving a Legacy
- Can You Help ?

Welcome

This is Pilgrim Care's 2nd newsletter issue and we are pleased to bring you news about St Andrews as it relates to our ministry to support the elderly of St Andrews and District. I hope it proves interesting and relevant. Within the newsletter there are several links to external information which you can follow with a click of a mouse. If you are reading this newsletter in paper form, you can find all these links from our website www.pilgrimcare-standrews.org
Warmly, Ken.

AGM

Members and friends of Pilgrim Care are invited to our Annual General Meeting at

**St Leonards Parish Church
Hepburn Gardens, St Andrews
at 7:00pm for 7:30pm on Thursday 22nd November
Guest Speaker:
Dr Maggie Ellis—Dementia Friendly St Andrews**

Refreshments from 7:00pm

Jesus replied: "Love the LORD your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'

Matthew 22 : 37-39

See 'Cath's Corner'



Dementia Friendly St Andrews

As our AGM keynote speaker, we are delighted to welcome Dr Maggie Ellis, lecturer in psychology and neuroscience at the University of St Andrews and founder of Dementia Friendly St Andrews, who has combined her academic research with a very practical support resource for those affected by dementia.

St Andrews Community Hub



It's always a pleasure to acknowledge those in our community who have similar goals to our own. On Sunday 30th September the new St Andrews Community Hub at Langlands football ground was officially opened. You may remember that Jill Anderson, project manager of the Community Hub, was our guest speaker at last year's AGM. Find out more about their work at <https://www.facebook.com/CommunityHubNEF/>

Primary Care Emergency Service in St Andrews slated to close.

On a less happy note, we note with concern that the Fife Health and Social Care Partnership is planning to close the Primary Care Emergency Service in St Andrews. This service provides an out-of-hours GP service. If the closure goes ahead the nearest PCES base would be in Kirkcaldy! Both remaining PCES bases would be in the far south-west of Fife. Needless to say there has been a huge outcry about this in St Andrews and North-East Fife. Parents, carers, doctors, students have joined ranks to oppose the plan. Local MSP Willie Rennie has organised a petition which is gathering much support and is now advocating writing personal letters to members of the Partnership's board.

The closure of St Andrews PCES would undoubtedly disproportionately affect the elderly of St Andrews by increasing the response time of an out-of-hours GP to care for elderly patients at home; people who can little manage a long drive to Kirkcaldy to see a GP and might thus need ambulance response and end up in hospital when a GP visit might have sufficed. Please let your views on this matter be known via Willie Rennie's petition.

<https://you.38degrees.org.uk/petitions/keep-gp-out-of-hours-services-in-st-andrews>

Care Home Planning Updates

As of this writing the planning permission process is moving slowly. Plans for a care home in Hepburn Gardens (18/00703/FULL) are awaiting a decision but attracted a large number of local objections.

Plans for a care home in the St Andrews West Masterplan (18/00280/EIA) are still with Fife Council. They are part of plans for the whole development and these plans are strongly linked to plans for the new Madras at Langlands (18/00295/EIA). You will have noticed that the access road from the A91 to the new school and development is now under construction.

We hope to have more updates at the AGM. However you can follow developments (pardon the pun) at planning.fife.gov.uk/online/

Membership in Pilgrim Care

The new General Data Protection Regulation (GDPR) has obliged us to tidy our membership records and remove entries that are no longer active. We very much would like new members to join. If the work of Pilgrim Care is something you value, would you consider becoming a member? Members have the right to vote at AGM meetings and since Pilgrim Care is a "company limited by guarantee" member's liability is limited to £1. Please Contact us for more details.

Prayer Meetings

We now hold a monthly prayer meeting for the work of Pilgrim Care, and for St Andrews in general, every 2nd Thursday of the month. Please consider joining us. Just ask for details.

Care Inspectorate

The Care Inspectorate regulates and inspects care services in Scotland to make sure that they meet the right standards. They also jointly inspect with other regulators to check how well different organisations in local areas work to support adults and children. Set up by Scottish Government, it is their job to assure and protect everyone who uses these services. They work to make sure everyone gets safe, high quality care that meets their needs. The Care Inspectorate is currently looking for three new board members. See www.appointed-for-scotland.org for details





Cath's Corner

As we enjoy the beauty of the autumn colours and rejoice in the summer that we have had we look forward to the cooler shorter days. Enjoy cosying up in our homes but don't forget your friends and neighbours. Can we give them a lift or buy some shopping for them, can we help clear the garden ready for spring?? By sharing just a little bit of God's love you can do amazing things!

Matthew 22 v37-40. Jesus replied: "'Love the LORD your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.' All the Law and the Prophets hang on these two commandments."

Do you know when your flu clinics are at the hospital? If you cannot get to one then please give us a shout so we can get something sorted for you, or can you take someone along with you?

Do you fancy a bit of fun and exercise - I am running a short seated exercise class at the community hub (St Andrew's United Football and Social Club, Langlands Road) on a Friday at 11:30 - then why not stay on to share a light lunch with us at the hub. This is open to any ability and yes if you come in a wheelchair you can still join in!

If you know of anyone who would benefit from support, friendship or help then please speak to them about our ministry - we are here for the elderly of St Andrews whatever their background or beliefs.

God Bless,

Cath

Feature: Leaving a Legacy – November is Will Aid Month

Have you made a will? Without a will the government decides who will inherit your estate and may in certain circumstances keep the lot. November is Will Aid month. You can have a professionally prepared will produced by a solicitor at no cost to you other than in return for a modest donation to charity (See www.willaid.org.uk) You can thus help your family and help a good cause by ensuring your wishes are honoured. Local participating solicitors include Rollos in Bell Street and McIlroy Hipwell & Dingwall in Market Street. While you are at it, why not ask your solicitor about a Power of Attorney which can help enormously should you ever become incapacitated.

When making your will you may also be able to reduce the amount of Inheritance Tax payable by your estate. By leaving at least 10% of your estate to charity the Inheritance Tax payable on the whole estate is reduced by 10%. For even a modest estate this can mean a substantial gift to causes you care about at very little cost to your other beneficiaries, as a large part of the gift may be covered by the tax benefit.

Please be sure to consult your financial adviser for details. We would of course be honoured if you choose to leave a legacy in your will to Pilgrim Care.

If you already have a will and would like to leave a legacy to Pilgrim Care, but don't want to go through the work of creating a new will, [a sample Codicil](#) to your will which could make provision for that gift, is available on our website.



"I need to make out a will. I want to leave my money to charity, my organs to science, and my cellulite to the donut shop."

Can You Help ?

We list some other ways you can help with our work...

- Keep your friends and church informed of the work of Pilgrim Care and its Parish Nursing ministry.
- Volunteer as a driver or befriender – talk to Cath Carter for details.
- Become a Member — You will have a vote in the direction of Pilgrim Care.
- Become a Board Member – help direct the work of Pilgrim Care.
- Regular Gift – a small monthly gift by standing order helps reach out to the elderly with nursing care and advocacy and supports the work of Cath and our volunteers. A standing order and Gift Aid form is attached
- One-off Gift – e.g. a retiring offering at a memorial service.

Thank you for your interest in and support of the work of Pilgrim Care!

We gratefully acknowledge the recent contributions of: The Tay Charitable Trust; St Andrews Community Trust; St Andrews Baptist Church; Cornerstone Church; St Leonards Church; St Andrews Episcopal Church; Kingdom Vineyard; Those raising offerings at memorial services; and other individual donors.

We are thankful also for our existing volunteers who help Cath with befriending and transporting people to events.