

Speaking Up for Our Age:

Celebrating 75 years of national and local
older people's groups and organisations
in Scotland, 1943-2018



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national and local older
people's groups and
organisations in Scotland,
1943-2018

Compiled and edited
by Elizabeth Bryan,
Age Scotland

Published by Age Scotland
Causewayside House
160 Causewayside
Edinburgh EH9 1PR
www.agescotland.org.uk

Design by
www.theroundroom.co.uk

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ISSN 1747-4515



LOTTERY FUNDED



Age Scotland, part of
the Age Network, is an
independent charity
dedicated to improving the
later lives of everyone on
the ageing journey, within a
charitable company limited
by guarantee and registered
in Scotland. Registration
Number: 153343 Charity
Number: SC010100.
Registered Office:
Causewayside House,
160 Causewayside,
Edinburgh EH9 1PR.



2018 is a special
year for older
people's groups and
organisations in
Scotland. 75 years
ago Age Scotland's
predecessor charity,
the Scottish Old
People's Welfare
Committee, was set up.

In 1943 there were only three older
people's welfare committees in
Scotland. These were in Dundee,
Edinburgh and Peebles. The
Scottish Old People's Welfare
Committee's immediate aims
were to investigate the position of
older people in Scotland and raise
awareness of their needs, and to
support the development of local
old people's welfare committees
around the country. In 2018 there
are more than 1000 organisations
in membership of Age Scotland
alone, each providing friendship,
activities or services for older people,
or campaigning on behalf of older
people. Many of these organisations
have been set up by older people,
and are run by older people.

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Celebrating 75 years of national and local older people's groups and organisations in Scotland, 1943-2018

In the build up to our 75th anniversary, Age Scotland embarked on a project to find out more about the charity's history and the development of local and national older people's organisations in Scotland. We were delighted to be awarded funding from the Heritage Lottery Fund to help with some of the project costs including support for some of our member organisations to research and celebrate their own history. The Heritage Lottery Fund also provided us with the resources to create a timeline publication – a special issue of Advantage magazine – and a film to present and share our story. This timeline publication is the result of several months investigation by volunteers and staff – the Age Scotland History Detectives.

Our journey back in time started in the offices of the Scottish Council for Voluntary Organisations (SCVO), where we rediscovered the minutes of the Scottish Old People's Welfare Committee. It took us on many fascinating visits to the National Library of Scotland which holds many important documents, periodicals and publications relating to our history. It enabled us to learn oral history interviewing

skills with support from The Living Memory Association. It brought members and staff of Age Scotland in touch with people who have made an important contribution to the development of older people's groups and organisations across Scotland to learn from them and capture their memories and experiences. It highlighted wonderful archives of photographs, minutes and documents that generations of older people's groups have carefully preserved.

We hope the publication will give readers a good understanding of the growth and development of national and local older people's groups and organisations over the years, their spirit and vitality, and the enormous contribution they have made and continue to make to advancing later life in Scotland. We hope the publication shines a light on the extraordinary care and commitment that people have for others in their community

– so often underestimated, undervalued and under reported. We hope the publication is a fitting tribute to those who have gone before and have put so much time, energy and skill into setting up and running organisations to make older people's lives better. We hope the publication will spark further research into older people's organisations and their important place in our society – a neglected area of study and attention. Finally, we hope the publication will inspire policymakers, planners, partners and people of all ages to get behind and get involved in older people's groups and organisations, ensuring Scotland is a good place to grow old in for all our citizens today and for future generations.

Elizabeth Bryan
Community Development
Co-ordinator, Age Scotland
September 2018



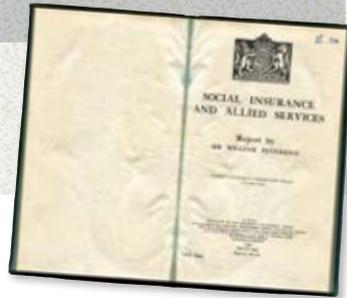
1939
World War II begins.



1940
Conservative led Wartime Coalition Government is formed.

1940
Food and clothes rationing begins.

1942
The Beveridge Report, 'Social Insurance and Allied Services', is published. In it William Beveridge sets out a plan to put an end to what he calls the 'five giants' – **Want, Disease, Ignorance, Squalor and Idleness.**

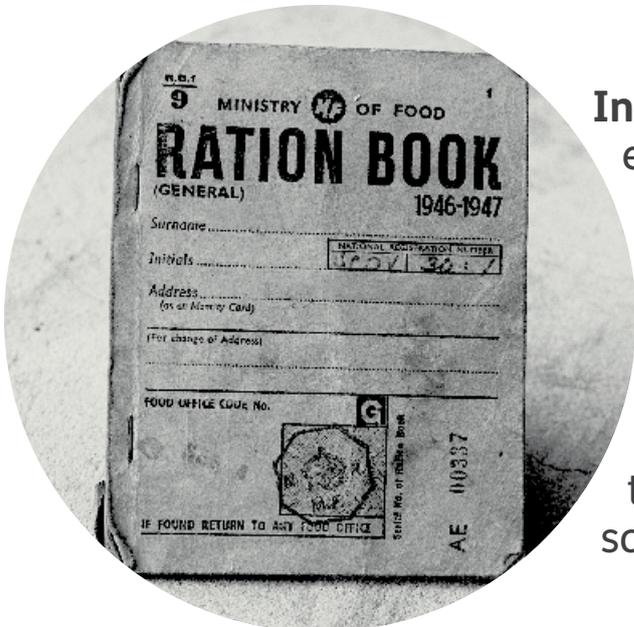


1943
The first meeting of Scottish Old People's Welfare Committee (SOPWC) is held in Edinburgh. A sub committee on Homes and Older People is immediately set up.

1943
The National Council of Social Service Scottish Advisory Committee becomes the Scottish Council of Social Services.

1940^s

OLD AGE IN THE NEW WORLD



In 1943 Britain was in the grip of war. The entire population had been mobilised to support the war effort, and there was a strong sense of community spirit often transcending social class and other barriers. There was also a growing determination, powered by the popularity of the 1942 Beveridge Report, that after the war ended the country could not go back to pre-war social conditions.

People wanted the future to be better than the poverty and deprivation that had been experienced by earlier generations. This stirring of consciousness included concerns for a fair deal for older people. Life expectancy was increasing, the proportion of older people in the population was growing, and the war had drawn attention to some of the hardships and needs of older people.



It was in this context that the first meeting of the **Scottish Old People's Welfare Committee (SOPWC)** took place on Friday 22nd January 1943, in the offices of the National Council of Social Services Scottish Advisory Committee, Alva Street, Edinburgh.

SOPWC was one of number of welfare committees established by the new National Council of Social Services Scottish Advisory Committee during World War II to support the war effort and the social wellbeing of the community of Scotland. Other important national committees

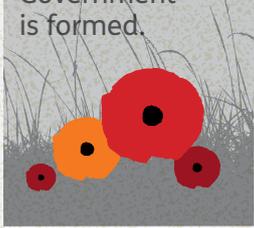
formed at this time included the Scottish Churches Consultative Committee and the Citizens Advice Bureau Advisory Committee.

SOPWC brought together a range of national voluntary sector and charitable organisations concerned with the welfare of older people, and the recently established Edinburgh Old People's Welfare Council and Dundee Old People's Welfare Committee.

SOPWC's immediate aims were to gather information about the present position of the care and welfare of "the aged", to provide

1945
World War II ends.

Labour Government is formed.



1945
SOPWC writes to the Department of Health asking if local authorities drawing up plans for rehousing are including houses and hostels for aged persons in their plans.

1945
SOPWC receives a letter from the Department of Health: the Secretary of State will consider the payment of grants to Old People's Clubs under terms of the Local Government (Scotland) Act, 1929.

1945
The Lord Provost of Aberdeen calls a public meeting to gauge whether an Old People's Welfare Committee should be formed. The Aberdeen Old People's Welfare Council is set up as result of this meeting, and starts a Visiting Scheme.

a platform for discussion, and to raise awareness of the needs of older people.

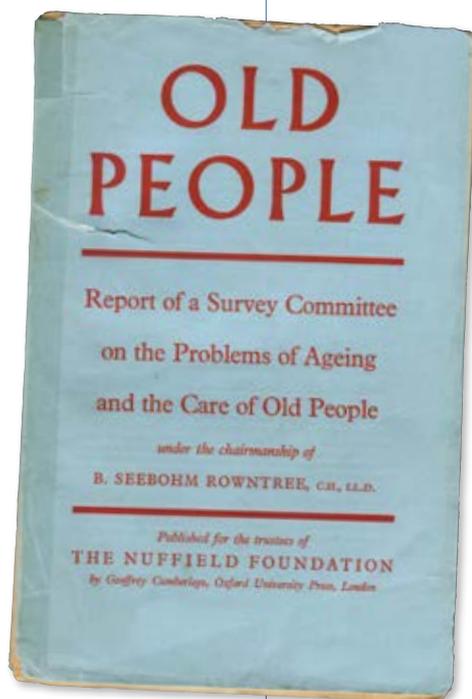
Founding members put great time and energy into SOPWC's work and those organisations with federations encouraged their local branches and members to support the formation of local old people's welfare committees around the country. SOPWC made small donations of £20 to new committees to help with start-up expenses.

Throughout the 1940s SOPWC worked to address the lack of appropriate homes and housing for older people. A working group was formed to investigate the issue in 1943 and immediately set about mapping existing Homes for Older People, conducting visits to established homes, and pressing for the building and creation of more residential homes. Committee minutes

are filled with references to endowments of cash and buildings, and fundraising efforts to support the opening of new Eventide homes by the churches and some by old people's welfare committees.

There were other concerns too. In the 1940s most older people lived at home. Studies carried out by SOPWC and the Glasgow Council for Social Service, with funding support from the Nuffield Trust, drew attention to the hidden poverty and loneliness experienced by older people. Many older people were suffering from malnutrition because of lack of means to access or cook food, and many needed domestic help. Local old people's welfare committees piloted new initiatives to help improve diet and access to food including early Meals on Wheels

Schemes, Home Help Services for older people in times of illness, and Visiting Schemes.



Aged Christian Friend Society of Scotland; Church of Scotland; Dundee Old People's Welfare Committee; Edinburgh Old People's Welfare Council; Federation of Soroptomists Clubs; Hospital Almoners Association; Council of Women of Great Britain; Rotary International; Salvation Army; Scottish Central Council of Women's Rural Institutes; Scottish Council of Women Citizens Association; Scottish Trades Union Congress. The Executive Committee of the Public Assistance Authorities in Scotland was also invited to send representation.

1946

National Insurance Act introduces contributory state pensions at age 65 for men and age 60 for women who have retired from paid employment.

1946

National Health Service Act.

1946

A Voluntary Association is formed in Fife to pay for wireless licenses for old age pensioners.

1946

New Towns Act agrees plans for 5 new towns in Scotland: Cumbernauld, East Kilbride, Glenrothes, Irvine and Livingston.

1947

Edinburgh Old People's Welfare Council, the Women's Voluntary Service and the Medical Officer of Health in Edinburgh pilot the first Meals on Wheels Distribution Service in Scotland, with support from the Red Cross and the Inner Wheel.



1940^s

OLD AGE IN THE NEW WORLD

Cutting of first sod for Cameron House nursery ©
British Association for Early Childhood Education



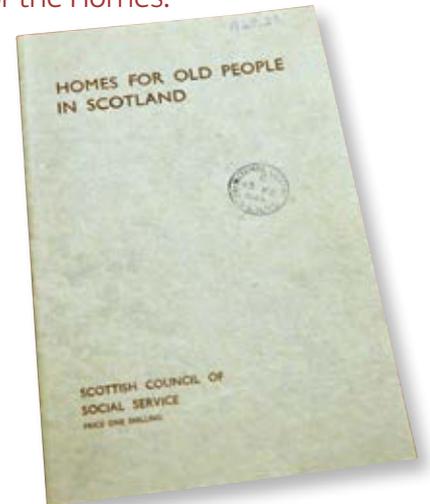
SOPWC's First Secretary - Miss Grace Drysdale

Grace Drysdale was a pioneering figure in Edinburgh. She was one of the leaders of Edinburgh University Settlement, a charitable organisation that she helped to found in 1905 to promote community development and the alleviation of poverty in the city. University undergraduates, academics and researchers were resident in 'Settlement Houses' which were situated in underprivileged communities. Grace Drysdale was the warden of one of these Settlement Houses, Cameron House. In 1934 the University Settlement opened the Cameron House Nursery School, founded and endowed by Grace Drysdale.

In 1940 Grace Drysdale took up the post of Deputy Secretary of the Scottish Council of Social Service. In this role she became the first Secretary of SOPWC, and she travelled the country meeting with civic leaders, church ministers and branches of national organisations such as the Soroptomists and Rotary, to talk about the SOPWC and the needs and hardships of older people and to encourage and support the setting up of local old people's welfare committees. She retired from her post in 1950 and took a country house in Gifford, "to accommodate elderly people who need a summer holiday".

Homes for Old People in Scotland

Published in 1947 - price one shilling. The publication comprised a listing of 109 Homes in Scotland for Aged Men and Women, compiled with the help of Matrons responsible for the Homes.



The list includes:

Campbell-Johnstone Home for Aged Indigent Gentlewomen, Crieff.

Charge is: £3 3 shillings.

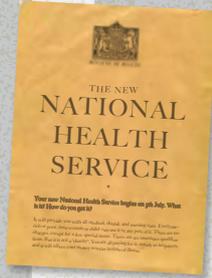
Remarks: Over 60 years of age. Able to look after themselves. Medical Certificate of good health required.

Sir William Fraser Home, Edinburgh.

Charge is: £60 per annum.

Remarks: Preference given to authors and artists in necessitous circumstances. A certain amount of coal and gas allocated to each tenant.

1948
National Health Service (NHS) is born. For the first time, hospitals, doctors, nurses, pharmacists, opticians and dentists are brought together under one umbrella organisation to provide services that are free for all at the point of delivery, financed by taxation.



1948
National Assistance Act.

1948
Glasgow Old People's Welfare Committee is founded. 180 people attend the public meeting held in the Royal Philosophical Society, and chaired by Sir Hector Hetherington. A donation of £1000 is made to the new Committee by the Mr F W Gardner Trust.

LIFE EXPECTANCY IN 1948

MEN: 63.8 YEARS

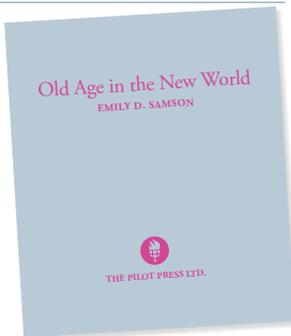
WOMEN: 67.6 YEARS

Building support

In the immediate post war years SOPWC organised a number of public events, broadcasts and conferences to draw attention to the needs of older people and its work, and to galvanise support.

Old Age in the New World Exhibition

The Committee organised the bringing of the "Old Age in the New World" Travelling Exhibition to Scotland. It was shown on 20-25th January 1947 in the Rossleigh Showrooms, Edinburgh. 2054 people attended, including many older people. The Ministry of Food gave cookery demonstrations. The exhibition received a great many requests for a Home Help Service being available for old people when they were ill.



The Week's Good Cause

On 29 December 1946 at 8.25pm Sir Hector Hetherington, Principal of the University of Glasgow, Vice Chair of the Scottish Council of Social Service, and supporter of SOPWC and Glasgow Old People's Welfare Committee, made a radio broadcast appeal on the BBC's Week's Good Cause programme on behalf of SOPWC. As well as raising awareness, the appeal raised £228 and 15 shillings for the charity.



The Week's Good Cause was a BBC Radio Broadcast, first broadcast on 24 January 1926. Charities quickly realised the power of radio to touch a large audience and many took up the opportunity. SOPWC went on to make a number of similar radio appeals in the 1950s.

©University of Glasgow

SCOTTISH COUNCIL OF SOCIAL SERVICE.

Programme of Joint Conference convened by the Scottish Old People's Welfare Committee and the Aberdeen Old People's Welfare Council to be held in the Education Rooms, Municipal Buildings, Aberdeen.

THURSDAY, 29th MAY and FRIDAY, 30th MAY, 1947.

THURSDAY, 29th May. PROGRAMME:

2.30p.m. Chairman's Remarks.
Welcome to Delegates by The Lord Provost of Aberdeen, Sir Thomas Mitchell, LL.D

ADDRESS: "The Co-ordination of Medical Service for the Aged".
Dr. A. Greig Anderson, M.A., M.D., F.R.C.P

Discussion.

3.45p.m. ADDRESS: "Account of the work of the Scottish Old People's Welfare Committee".
Miss Grace Drysdale, J.P., Deputy Officer
Scottish Council of Social Service
Secretary, Scottish Old People's Welfare Committee.

5p.m - 6.30p.m

TEA INTERVAL.

ADDRESS: "The Housing of the Aged".
W. Birrell, Esq., Department of Health for Scotland

Conferences were held in Glasgow in 1945, and in Edinburgh, Stirling and Aberdeen in 1947

96 delegates from Dundee and North of Scotland attended the Aberdeen Conference, held on 29/30th May 1947 organised jointly with the Aberdeen Old People's Welfare Council.

By the end of the 1940s Scottish Old People's Welfare Committees and Councils are flourishing in Aberdeen, Alloa, Ayr, Dundee, Edinburgh, Falkirk, Forres, Glasgow, Nairn and Inverness. Committees are also in development in Kilmarnock, Perth and Vale of Leven.

1951

Department of Health Circular No 51/1951 directs local authorities to support voluntary organisations in the provision of a continuing welfare service for old people.

1951

Falkirk and District Old People's Welfare Committee organises a holiday for 30 old people to Callander, inspiring other local committees to set up similar holiday schemes.

1951

At a meeting of members held in Edinburgh City Chambers, SOPWC becomes an independent body running its own day to day affairs and activities. The meeting is chaired by Miss Rodney Murray, Lady Provost of Edinburgh.

1951

Glasgow Old People's Welfare Committee holds their second annual "Old Folks Week" public appeal for funding, raising:

£1,936 14s 1d

1952

The first Old People's Welfare Week is held across Scotland, 5-12 October 1952 to focus attention on all aspects of the welfare of old people and encourage the setting up of local committees and activities for older people.



The 1950s was a period of tremendous growth for older people's organisations in Scotland.

Local old people's welfare committees spread rapidly throughout the country. By 1954 there were 76 committees in operation; Ayrshire alone had 14 committees. Even more impressive was the breadth of activities and services developed and delivered by both local committees, and the national Scottish Old People's Welfare Committee (SOPWC). Both benefited from grant funding from the George VI Memorial Fund.

The role of the local committee was to co-ordinate, to bring together representatives of statutory and voluntary organisations who were willing to work cooperatively to identify gaps and needs, and develop or improve support for older people. The early emphasis on boosting the number of residential homes for older people gave way to the development of a range of welfare services that would enable older people to remain in their own home, and improve the quality of life of older people.

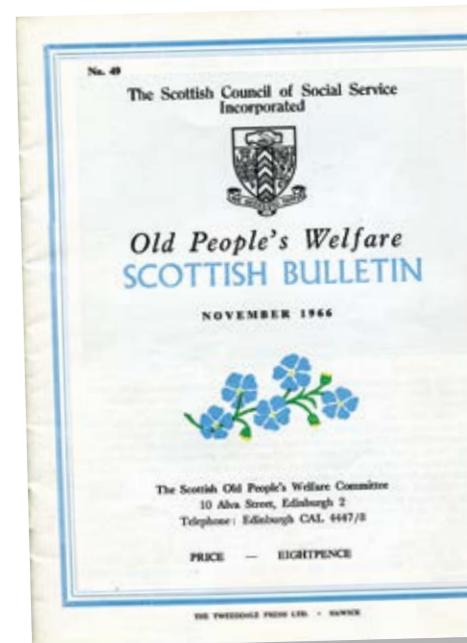


Local committees were actively encouraged to set up Visiting Services and to view this work as an essential part of their job. Visiting Services were primarily to provide company and alleviate loneliness but they were also an important means of establishing the needs of isolated older people in a local area. Local committees were also at the forefront of establishing social and recreational clubs for older people, meals

services, chiropody services, holiday schemes, and a host of other activities such as free coal or logs, treats, social gatherings and outings.

Nationally, SOPWC championed the formation of new old people's welfare committees and their activities, promoting their work and providing advice, and information guides. **The Old People's Welfare, Scottish Bulletin** was published three

This forget-me-not club badge belonged to **Mr Bertie McCubbin**. Friendships were formed by recognition of the badge.



1952
SOPWC publishes **"A Handbook of Old People's Clubs"** providing advice on the financial administration of a club, ideas for programmes and activities, and examples of weekly clubs, daily clubs and lunch clubs.

1952
The Five Thousand Shilling Fund in Montrose achieves its target enabling the Montrose Old People's Welfare Committee to purchase two television sets, one for the residents of Dorward House, a home for older people, and the other for their Old Folk's Club.



1953
A SOPWC survey finds 24 local old people's welfare committees are providing chiropody services working together with branches of the British Red Cross Society and local authorities.

1953
Queen's Coronation. SOPWC provides 3680 caddies of tea to local committees to present to older people during Coronation Week.

1953
SOPWC gives evidence to the Phillips Committee appointed by the Chancellor of the Exchequer to review the economic and financial implications of the prospective increase in the numbers of "the aged". Phillips recommends increasing the minimum pension age to 68 for men and 63 for women.

times per year, and was packed with news of developments from committees and clubs around the country and reports from the work of SOPWC. As the range of local services and activities grew the Bulletin included fundraising tips such as Works' Penny-a-Week donation schemes, door to door collections and flag days.

The blue forget-me-not flower which decorated the front cover of the Scottish Bulletin became a symbol for the movement. Enamel brooches, Christmas cards, flags for street collections and envelopes for house to house collections were produced with this motif. SOPWC led on national preparations for Older People's Week in Scotland from 1952 onwards, galvanising interest and providing resources to local committees to support their participation.

National conferences, meetings and training events were organised by SOPWC to provide a platform to share ideas and practice, advance new thinking and areas of work, and to give guidance and support to volunteers. Importantly, SOPWC's function also included speaking for older people to the Ministries that affected their wellbeing.

Operation Logs in Falkirk

Community spirit bringing the generations together in common cause



"The operation epitomised what can be done when there is a true spirit of altruism and co-operation in a common cause. The winters were cold, the old people were in need, the logs were made available thanks to the kindness of Cllr Forbes [owner of the Callendar Estate], the Borstal Boys cut them, the Scouts bagged them, the Rotarians and Round Tablers delivered them, businessmen lent their lorries, the drivers gave of their time without recompense, and the Falkirk Old People Welfare Committee served tea and pies, provided by Mr Myles, the butcher, at no cost."

Falkirk Old People's Welfare Committee
Annual Reports 1950s

1953

Comedian Jimmy Logan makes a radio broadcast appeal on behalf of the SOPWC in The Week's Good Cause slot. His grandparents are members of an Old Folk's Club and he regularly provides entertainment.

1953

SOPWC conference theme is "**A comprehensive Health and Welfare Service for Old People**".

1954

SOPWC submission to the Guilleband Committee of Enquiry into the cost of the NHS calls for closer contact between Hospital Authorities and the Welfare Departments of Local Authorities and "more local clinics wherein prevention work can be carried out in order to relieve pressures on hospitals".

1954

The King George VI Old People's Club Development Scheme Scottish Committee opens to applications.

1954

There are 156 clubs in Scotland administered by, or directly connected with, local old people's welfare committees.

1950s

DOORS OF OPPORTUNITY

SOPWC Chairman Miss Rodney Murray

Miss Rodney Murray became Chairman in March 1951, and was a key figure in SOPWC throughout the 1950s and 1960s. Prior to taking up the role she was Lady Provost of Edinburgh – through her brother, Sir Andrew Murray, who was elected Lord Provost, 1947-51.

One of Miss Murray's first engagements as SOPWC Chair was to give the opening address at the October 1951 SOPWC Conference on the importance of Visiting Schemes, entitled "Doors of Opportunity for an Old People's Welfare Committee".

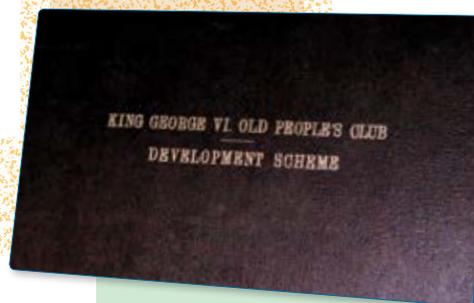
"Miss Murray's talk made one realise that it is a privilege to knock at these Doors of Opportunity, in an endeavour to comfort those who



© The Scotsman Publications Ltd

are lonely, to aid those with failing powers and create new interests in the lives of many who had lost hope. These '**Doors of Opportunity**' are twice blessed."

Impressions of the Conference Report Old People's Welfare, Scottish Bulletin, 1952



From Airways Terminal Building to Old Folk's Club

"In the autumn of 1958 I noticed an advert offering for sale the Terminal Building of Silver City Airways at Castle Kennedy Airport, Stranraer. The advert was headed 'Of interest to Community Associations, Sports Clubs, etc'. Next day, the chairman, myself and a local joiner made the journey to Stranraer and found the building to be just what was required. It was only 18 months old and the price asked was £850. After some months delay the building became ours. Our joiners dismantled the building, had it removed to Milngavie and had it re-erected in its present position in the Memorial Gardens."



James Roy, Former Chairman, Milngavie Old People's Welfare Committee. Writing in the Old People's Welfare, Scottish Bulletin, 1966

1955
SOPWC holds the first of a series of training courses for voluntary workers in Old People's Welfare. The courses are funded by a grant from the King George VI Memorial Foundation Social Service Scheme (Old People).



1955
SOPWC's Information Handbook of Old People's Welfare, known as "The Wee Blue Book", is published by The Scottish Council of Social Service. The Handbook includes information for the older citizen that visitors or workers need to know such as welfare services, pensions, health services, legal affairs, banking accounts, the making of a will, income tax, housing and holidays.

1955
"Gather Round" is the theme for Old People's Week. SOPWC organises a national poster competition to create publicity for the Week. The winning entry shows "three elderly people gathered companionably round a blazing fire".

The Old People's Welfare Scottish Bulletin 1951

Leaflets are available on:

- No. 1.** How to start an Old People's Welfare Committee. Price 1d.
- No. 2.** Suggestions for Local Old People's Welfare Committees. Price 1d.
- No. 3.** The Organisation of a Visiting Service. Price 1d.
- No. 4.** Notes for the Use of Visitors to Old People. Price 1d.

No 3 gives a useful sample visitor's record sheet. In its essence visiting must be a call from a friend, but underlying this is a responsibility that can only be discharged by the keeping of an adequate record both by the individual visitor and the Visitation Organiser.

Holidays to other Homes

"My committee arranged a holiday for five of our old folk and I received five in exchange. We made no alteration in payments, no exchange of ration or pension books. We simply took our people by car and brought back the others. The return journey is to be undertaken by the other Matron, and this gives the Matrons a chance to see each other's Homes. It enables the old folk to make new friends with whom they can correspond and even visit."

Matron of a Home, Old People's Welfare, Scottish Bulletin, 1951

"A lovely old house, just off the main road and with a pretty garden in front, has been acquired by the Alloa Old Peoples Welfare Committee for a Day Club. All the club premises are on ground level. They consist of two small sitting rooms and a very large drawing room, all furnished with small tables and chairs upholstered in a warm red colour; a small chiropody room with a basin, bath, and a comfortable sofa; a wireless room gifted and maintained, even to weekly fresh flowers, by the Alloa Rotary Club."

Old People's Welfare, Scottish Bulletin, 1952

The Kirkwall Good Companions Club in Orkney

"Each Wednesday afternoon anything, depending upon the weather, up to 50 people foregather in a pleasant carpeted room in the community centre for social intercourse and recreation. Happy hours are whiled away in Euchre, whist, draughts and dominoes while groups around the two fire places recall reminiscences of bygone days; the old salts recall stirring episodes in their seafaring experiences, while the oldest and one of the most active ladies, now aged over 90, intrigues her listeners with memories of the many great houses in which she served in the spring and summer of her strength. Always before the meal at 5pm, a short concert provided by local and able talent, is held."

Old People's Welfare, Scottish Bulletin, 1952

"50% of old people treated cannot attend a hall or clinic and must be visited in their own homes. Many are unable to write or telephone and depend upon a visitor to make their appointment. In more than one case I



cut nails for the first time for three years and one old man's nails were so thick a relative had been forced to cut them with a tinsmith's cutters!"

Chiropodist Report, Old People's Welfare, Scottish Bulletin, 1953

1956

A survey finds 35 Old People's Welfare Committees and the Women's Voluntary Service are providing meals for older people. Glasgow Old People's Welfare Committee (GOPWC) and the WVS supply 15,618 meals to old people in their own homes in one year up to 30th June 1956. During this period GOPWC also provides 14,750 meals in its 9 lunch clubs.

1957

Young people play a prominent part in Older People's Week providing and delivering parcels to housebound older people.

1958

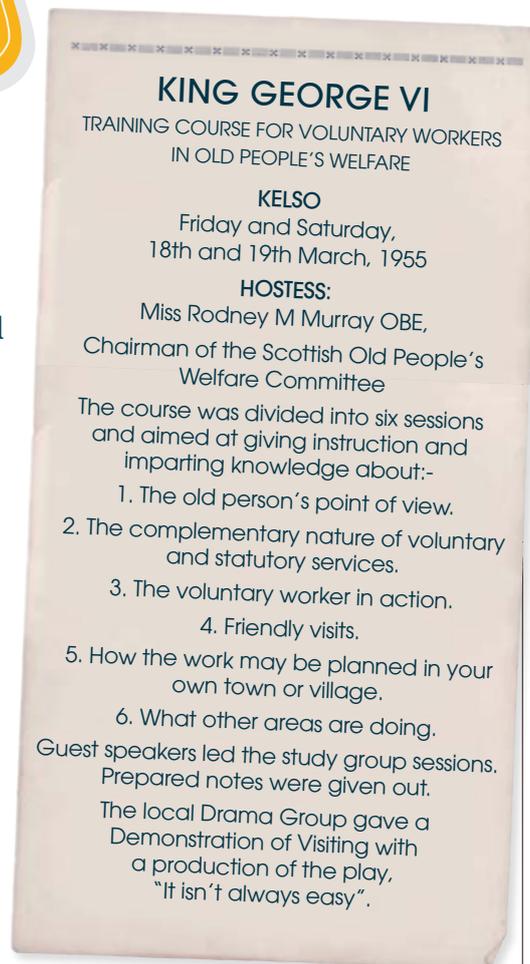
The Glasgow Retirement Council is founded following a report and conference on the welfare of retired people in the Glasgow area - many of whom were found to be "just looking at the wall". The Council's first day release Preparation for Retirement Course is held at Langside College.

1950's

DOORS OF OPPORTUNITY

King George VI Training course for voluntary workers in old people's welfare

This was the first of 20 Residential Leaders Training Courses to be held throughout Scotland by SOPWC, under the King George VI Social Service Scheme (Old People). The object of the course was to bring a few key people together from each town and district who would return to their own areas prepared to start a local committee or develop the work of an existing Old People's Welfare Committee. During 1955-57 337 people attended 9 Regional Leaders Courses in Kelso, Dundee, Crieff, Ayr, Fort William, Inverness, Kirkcaldy, Dumfries and Aberdeen.



Household Pets

"Lochaber District Committee has an imaginative Chairman in Mrs Hobbs who has many original inspirations. Not the least of these is supplying budgies to old people who are alone and like birds. A budgie can be a great companion and less trouble than a cat or a dog. The greatest difficulty lies in getting cages. If anyone has an unwanted cage and could get it delivered to the SOPWC it would be passed on to Mrs Hobbs."

Old People's Welfare,
Scottish Bulletin, 1957

The Welfare Van in Skye

In March 1956 Skye Old People's Welfare Committee put a Welfare Van on the road, funded by a grant from the National Corporation for the Care of Older People.

"Driven by voluntary helpers an average of 300 miles a month has been covered. The services now able to be

continued >

Preparing for Old People's Week in Bathgate
- Mrs E Henderson, Mr D Tervit and Mr A Hendry distribute copies of Bathgate Old People's Week programme from their sky blue Information Centre - a van donated by Bathgate Co-operative Society



1959

The Queen Mother opens the Five Ways Club in Dundee, a new daily club providing a midday meal for older people. One of its most popular facilities is a bath. The club also opens a laundrette, and a laundry service.



1959

Glasgow Old People's Welfare Committee has 67 clubs in operation in the City with a total membership of 8256; many are operating at capacity.

1959

There are **121 constituted old people's welfare committees** affiliated to the SOPWC, "and a **further 140 committees** which cannot yet meet the conditions of affiliation but which are known to be doing excellent work in their areas".



provided are many and varied. Some volunteers have taken an average of five people at a time to shopping, other people have been transported to hospital or to physiotherapy and chiropody clinics. The van has also enabled the chiropodist to visit outlying crofts. A home was found for two ladies and they were conveyed to it and their friends have been taken to visit them. The Home Help is taken round, transport has been provided to the Ferry and to church, and the van was used to take old people to see the Queen when she visited the island."

Old People's Welfare, Scottish Bulletin, 1957



The 1959 Edition of the ABC for Old People's Week

Activity in Retirement!

Boost Old People's Theatrical Talent!

Conveyance to Church on Sundays!

Drives in Private Cars!

Exchange outings between Clubs!

Fund raising – Ask your local Chemist if you can have a year's takings from his weighing machine!

Gift Vouchers from Local Shops at Christmas-Time!

Handicraft Lessons for Retired Persons!

Individuality of the Senior Citizens respected!

Jollifications at regular intervals!

Knitting orders obtained for gifted older women!

Letter-writing by the Voluntary Worker with a good hand!

Meals Clubs – Keep the old people out of hospital and the undertaker away.

New Year Resolution –

Remember that many people are lonely but particularly those who are not so active as they were!

Old associations make happy conversations!

Privacy is precious and a delicate approach is recommended for all those who would like to form a Visiting Committee!

Quiz Competitions for Old People's Gatherings!

Readng to those with failing sight and Talking Book Machines for the Blind!

Sing-Songs by Old People's Choirs!

Tea-parties in private houses!

Useful little jobs done to help the frail!

Variety in Club Activities using members talent!

Woodcraft for elderly men!

X is reserved for special occasions!

Youth can help Age!

The **Z**enith - relaxation and well-being in old age.

1960

The Bathgate Old People's Community Centre Fund reaches £4000. Among the latest donations are £3 collected by four local girls who raised the money by carol singing at Christmas.

1960

The Lord Provost of Glasgow, Sir Myer Galpern MP, opens **the first Crafts and Hobbies Centre for retired men in Penilee**. The centre is the only one of its kind in Britain.

1960

The Royal Society for the Prevention of Accidents "**Check That Fall Campaign**" receives completed questionnaire cards from members of old people's clubs across Scotland revealing "widespread rheumatism and arthritis, bad conditions of the feet and lack of safety aids in the bathroom".

1961

Edinburgh and Leith Old People's Welfare Council lease the historic Lamb's House from the National Trust for Scotland to accommodate their 450 members. The programme at Lamb's House inspires day clubs and centres across Scotland.



The development of Old People's Clubs dominates the pages of the **Old People's Welfare Scottish Bulletins** throughout the 1960s.

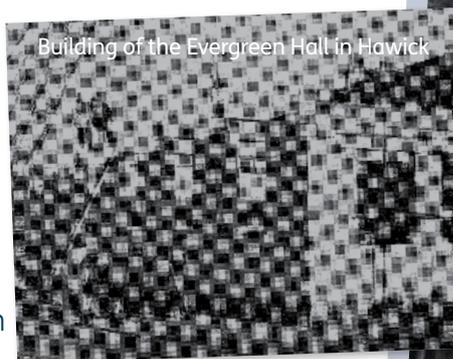
Weekly old people's clubs continued to grow in number supported by the local old people's welfare committees and other groups who obtained the use of a room or a church hall one afternoon a week to bring older people together for weekly entertainment, tea, and companionship. These clubs remain important to this day.

But by the 1960s many local old people's welfare committees were also looking to run daily clubs which could accommodate a host of services and activities to interest and suit the needs of their members. Significantly, they were also working towards having their own club premises.

SOPWC was represented on the Scottish Committee of the King George VI Foundation, Old People's Club Development Scheme Scottish Committee by Miss Rodney Murray. The scheme made available capital grants to enable the building of new club premises, or to support groups to improve existing premises by installing heating and new furnishings or the purchase of equipment for activities. By 1965 the Scottish Committee had awarded £24,530 to older people's groups.

Grants only paid for a proportion of a club's project development costs, however, and old people's welfare committees, civic leaders and supporters embarked on a variety of fundraising initiatives to help raise money for club premises. In Dalkeith in 1962, Provost David Smith gave away sixty £1 notes

(his Provost's personal allowance) to individuals who by some scheme of their own



could make the £1 grow into £5, thereby bringing in £243 towards the total

cost of the old people's permanent club building. Together with help from local businesses, the town council, door-to-door collections and raffles, the £4000 target was reached within 6 months in Dalkeith, and the new purpose built club hall opened in 1966.



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1961

Businessman and philanthropist Cecil Jackson-Cole founds the **Help the Aged Refugees Appeal** for older refugees affected by natural disasters and conflict.

1962

The National Assistance Act (1948). Amendment gives powers to local authorities to institute welfare activities for the provision of recreation or meals for old people.

1962

Old People's Week theme is "**Friendship and Service between Youth and Age**"

Hamish Henderson, poet and founder of the School of Scottish Studies at Edinburgh University, addresses SOPWC's Biennial Conference on the subject of folk songs - "a joyful bond, plaited like the generations of men, which links young and old and gives sap and virr to human existence".

1962

Prestwick Old People's Welfare Committee, founded in 1954, begin a new service - an old people's bus to convey members to the seaside and the Prestwick Evergreen Choir to local concert halls in Troon and Irvine where they entertain older people. £700 is raised locally to purchase the minibus.

The Penilee Crafts and Hobbies Centre for Retired Men

The Crafts and Hobbies Centre for retired men in Linburn Road, Penilee was ground breaking. It was set up by Glasgow Retirement Council and Glasgow Corporation following research showing that too many older people were not coping well with retirement and felt lonely and unhappy. They missed having a daily routine, the sense of purpose and self esteem that work had given them, and felt cut off from companions. The Crafts and Hobbies Centre aimed to provide opportunities for fellowship and new interests and facilities to take part in crafts and

hobbies in retirement. Local firms donated machines for the wood work and metal work rooms, as well as scrap wood, metal, carpet and paint. A management committee of local people including retired men with managerial, technical and trade union experience were responsible for the day to day running of the centre.



Andrew Atkinson devoted much of his life to the welfare of older people and is remembered in the **Scottish Bulletin** for his humanity and jokey personality. He was

Secretary and Organiser of the Glasgow Old People's Welfare Committee, 1949-59.

In 1961 he became Secretary and Organiser of the Glasgow Retirement

Council. He was elected Chairman of the Scottish Old People's Welfare Committee in 1968.

"There are no instructors. Whether a man is accustomed to working with wood, metal, plastics, etc., or not, he is welcomed as a member of the centre. The retired men who are skilled craftsmen are only too happy to guide and assist those who have no previous experience of craft work. No remuneration is attached to the work being done, but that does not mean that the men are merely passing time.

During the first year of the Centre, the members had a grand time turning the scrap materials available to them into all sorts of useful articles, for themselves and for other old people - garden seats, coal bunkers, footstools, slipper boxes, work baskets, bedside cabinets, bed tables, coffee tables, ornamental wall brackets, ornamental plaster cast figures, fireside and bedside rugs, clothes



horses and so on - all very useful in the house. They have also been having great fun making dolls houses and furniture, wheel barrows, garages, dolls shops etc for the handicapped children of Kilbourne School and for the boys and girls in Mearns Kirk Hospital.

They have been busy too, making aids for disabled people, long handled shoe horns and pick-ups, perspex handles riveted to spoons and forks, perspex collars for soup plates and dinner plates, playing card holders for one handed persons, bed rests and bed-tables for the bed-ridden.

Companionship they have found. Every article they make is needed by someone - and will be appreciated. Time can no longer be wasted."

Andrew Atkinson

1963

SOPWC holds its first training course for the conveners of daily clubs.

1963

St Mungo's Old Folk's Club in Glasgow opens on 7th October 1963. By the end of the first operating year the club has 806 members.

1963

Glenrothes Old People's Welfare Committee opens a lunch club to help older people who have left behind their homes, friends and familiar surroundings to settle in the New Town.

1964

Travel Concessions Act. It is now possible for local authorities to grant reduced fares for elderly persons travelling on any vehicles run by these authorities.



SOPWC organised a programme of training events for club conveners across Scotland.

Daily Clubs were held in a variety of premises from adapted historic houses to purpose built, new builds. The scope of services offered was unique to each club and included the provision of a host of crafts, music, indoor bowling, games and keep fit activities, libraries, spaces for chat and company, nutritious and affordable meals, practical services such as chiropody, hairdressing, laundry services and hot baths. East Kilbride Old People's Welfare Committee even hosted a boot and shoe repair service.



King George VI day course for conveners of daily clubs

52 leaders and helpers from different parts of Scotland attended the first SOPWC Training Course for Club Conveners at **Lamb's House, Edinburgh.**

"Our first greeting came from the Lamb's House Club members out settling themselves comfortably in the sun for a morning pipe and crack. Many of us had heard a good deal about Lamb's House, and arrived in a mood of curiosity and anticipation. We saw for ourselves how the services, hairdressing, laundry, chiropody – to name a few, were being worked out and developed...Mrs Bayne's vital and absorbing talk "Club Activities" rounded off our view of Lamb's House.

Mrs Carroll addressed the topic of 'Keeping Fit in Clubs'. The class in physical fitness for older people was a new idea to most of us. Mrs Carroll carried us away with her charm and grace to the point where the whole course became a sea of waving (or wavering) arms. Amongst other things, we saw how standing in a properly balanced way helps the older person not be knocked over in a thoughtless crowd. Mrs Carroll's talk and demonstration drew a most enthusiastic response and a number of clubs mean to follow this up and start a class.

We ended the talks with some thoughts and discussion about the kind of personal problems that the elderly people have to face, and where help can be found."

Old People's Welfare, Scottish Bulletin, 1964

KING GEORGE VI DAY COURSE
FOR CONVENERS OF DAILY CLUBS

LAMB'S HOUSE,
BURGESS STREET, LEITH, EDINBURGH.

WEDNESDAY, 26th AUGUST, 1964,
11 a.m. to 4.30 p.m.

Buses to Lamb's House will leave
Waverley Station, Edinburgh,
at 10.50 a.m. and return from
Lamb's House at 4.45 p.m.

Subjects to be discussed at the Courses:

1. Club Activities.
2. Physical Recreation
3. Help with individual problems

1964

The BBC's "**Home This Afternoon**" - "a programme of interest to all, with older listeners specially in mind" begins on the Home Service, and is broadcast weekday afternoons mainly from London. The first Scottish broadcast comes from Lamb's House, Edinburgh.

1965

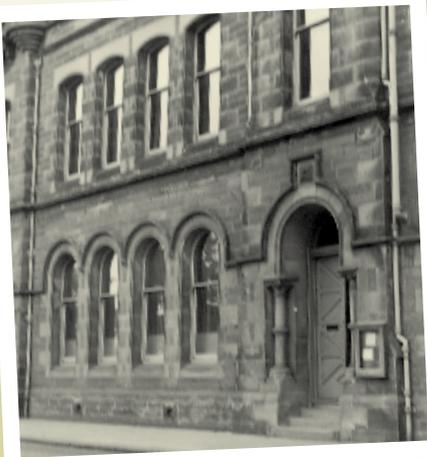
SOPWC publishes "**Age and Need in the Countryside**" by Dr Ian Richardson, Chairman, Aberdeen Old People's Welfare Council. The publication is based on a lecture delivered at the SOPWC Club Conveners training course in Brora and highlights 6 needs of older people in rural areas: health, income, housing, occupation, company and spiritual needs.

1965

The Old People's Welfare, Scottish Bulletin reports that Ayrshire, Dunbartonshire, Fife, Lanarkshire, Perthshire, Renfrewshire and Stirlingshire all now have more than 20 old people's welfare committees.

1967

John C Stewart founds the Employment Bureau for the Retired, organised by the Glasgow Retirement Council. Over the coming years the Bureau, staffed by volunteers, helps to find part-time employment for 3,261 older people.



Perth Old People's Welfare Council opened its new club at 62-64 Tay Street, on 5th September 1960

"The Club is a very attractive one and is a credit to the Perth Old People's Welfare Council. Its accommodation includes a Hall with a seating capacity for some 200 people, a large lounge which is attractively decorated and equipped with easy chairs, a television set and bookcases with a supply of modern novels. In addition there is a well equipped kitchen, and four rooms of varying size for small group activities. Altogether £10,000 has been spent on the new club. A grant was made of £1,500 towards this sum by the King George VI Old People's Club Development Scheme."

Old People's Welfare, Scottish Bulletin, 1960

Dalkeith Daily Club – "There is no limit to the good that can emerge from it"



"This clubroom is intended to banish the misery

brought about by isolation from one's fellow creatures. It is intended to bring people together. It is intended to provide an atmosphere of warmth, companionship and social contentment. This can become a base for creating a revolution in the community's obligation to its older members. There is no limit to the good that can emerge from it. Of all the tasks that I have had to perform in public life none has given me greater pleasure, none has given me a better sense of accomplishment than the handing over of these premises to the old folk of Dalkeith."

Provost David Smith at the opening of the Dalkeith Daily Club, 1st October 1966

Broughty Ferry Day Club, first of the Dundee Old People's Welfare Committee's Daily Clubs, new premises in 1964

"We have already experienced frailty creeping into our club membership. Many of our original members are finding it difficult to attend... A group was formed from the active members and they visit the semi-housebound keeping them up to date with all the club news and views. A very strong bond exists between the active and the no longer active members, and we are amazed that they give us their wholehearted support and interest, even though it is from long range. This grand feeling of camaraderie in our membership is most uplifting to all our willing workers."

Old People's Welfare, Scottish Bulletin, 1966



1968

Margaret Bayne of Lamb's House, Leith is named Scotswoman of the Year.

**1968**

The Health Services and Public Health Bill and the Social Work (Scotland) Bill make the provision of a home help service a duty of local authorities.

1969

SOPWC's Biennial Conference "**The New Horizon**", reflects the growing interest on learning, hobbies and occupations in retirement.

1969

Livingston New Town sets up an Old People's Welfare Committee.

1969

Glasgow Old People's Welfare Committee opens its 100th Weekly Club.

100th

The Daily Club in Friockheim



"In Friockheim the lunches are cooked on the club premises and are enjoyed by members who attend the Lunch Club but also by many who are housebound. Some of these meals are delivered by the more active members of the Club."

Old People's Welfare, Scottish Bulletin, 1967

Montrose Old Men's Club – A Place For Fellowship

"In a nutshell this is not an ambitious project but it is a satisfying one. The numbers are not large but those who want to come find peace, fellowship, and pleasant surroundings, and that counts a lot in a lonely life. When founded, the policy was to provide a place where mainly elderly men could come and go; chat, smoke, look at the television and above all be cosy. Bachelors and widowers often find it difficult to provide themselves with a cosy corner and this clubroom is greatly appreciated by those who use it in winter as a place where there is friendship and warmth, and with that goes the chance to economise on the ever increasing cost of heat and light at home..."

At Christmas there are little gifts, and this year to some 30 who still have coal fires, there was a box of kindling wood. The verger of the Episcopal Church sawed and chopped the lot."

Old People's Welfare, Scottish Bulletin

Club Life at St Mungo's

"From Monday to Friday the Club opens at 10.30 a.m. and Club Life immediately gets underway. Morning papers are read, the gossip starts, some go to have a hot bath, some to arrange about their laundry: classes go into session. Lunch is served from 12.30 p.m to 130-160 members. It is a an excellent three-course meal, from Foresthall Hospital, costing 1/- (this is heavily subsidised by Glasgow Corporation).

Afternoons are usually hectic. Drama group rehearsals, keep fit sessions (50-100 members attend) which are under the careful supervision of two qualified physiotherapists from Foresthall, usually end amid much laughter and old-time dancing. Less hectic are dominoes, cards, reading and the interminable gossip. Tea and a cake at 3pm costs 4d.

On the financial side many members claim they save as much 4/- to 5/- a day on light, fuel and food at home."

Old People's Welfare, Scottish Bulletin, 1967





Hives of Industry

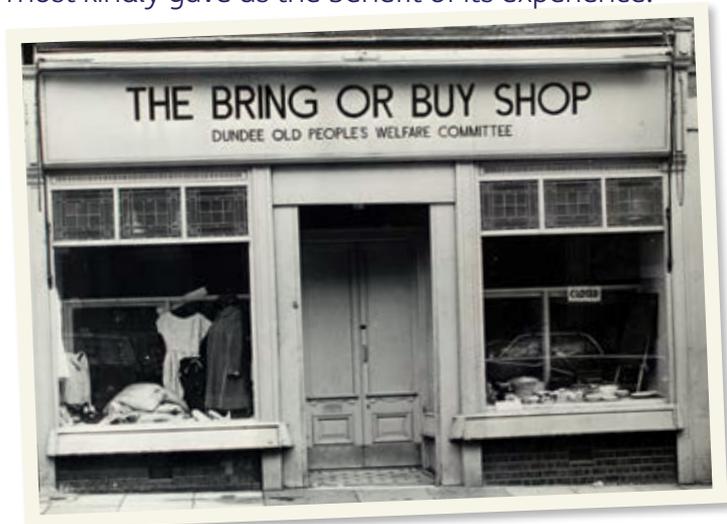
“It is impossible to be a club member and to feel unwanted and useless. The days of sitting back and of being entertained have gone except for those whose strength permits no more. Hives of Industry is a more apt description of the clubs. While games of whist, darts and carpet bowls are still as popular as ever, libraries have grown up, dressmaking classes and knitting have been busily engaged in, a cobbling group is about to start...”

Old People's Welfare, Scottish Bulletin



Dundee Old People's Welfare Committee Opens a Bring or Buy Shop, 1968

“It was not our own idea to open a shop in aid of funds for the Dundee Old People's Welfare Committee, but we had read in an edition of the **Scottish Bulletin** of the Dalry House Shop in Edinburgh and decided to try a similar one in Dundee. We approached Dalry House and the Committee most kindly gave us the benefit of its experience.



We were able to rent a shop near the centre of Dundee and over a few months collected a stock of good cast-off clothing, bric-a-brac, household linen, books, glass and chinaware. On completion of one year's trading we found the venture most worthwhile. Our customers, old and young, appreciate the bargains offered and our helpers agree that although the work is hard it is very rewarding. Members of the Townswomen's Guild have generously joined with many other ladies to staff the shop which opens three days a week: Thursdays, Fridays and Saturdays. Each Wednesday afternoon is spent sorting and pricing goods and making the shop ready for opening.”

Old People's Welfare, Scottish Bulletin, 1968

The Woodside Club, run by Aberdeen Old People's Welfare Committee, received £1500 from the King George VI Foundation, Old People's Club Development Scheme Scottish Committee.

Transport to bring people Lamb's House

“Lamb's House was awarded £1200 from the King George VI Old People's Club Development

Scheme to purchase a Bedford ambulance which by means of a hydraulic lift would help us to transport the amputation cases and the very frail old people in their own chairs right to Lamb's House. Transport to bring people to the centre to have their laundry done, for baths, hairdressing physiotherapy, lunch and above all to belong once more to a family where there is laughter, fun and a sense of belonging.”

Old People's Welfare, Scottish Bulletin, 1968



1970

SOPWC AGM presents **“The World of the Elderly”** portable exhibition – “a vivid portrayal of what it is like to become old and alone, what it is like to become old and needed”, produced by 24 young people working with older people over a 2 year period.

1971

Britain goes decimal. The old money - pounds, shillings and pence - is replaced by a new system with 100 pence in the pound and no shillings.

1971

SOPWC becomes the Scottish Old People’s Welfare Council.

1972

Lord Polwarth, Minister of State for Scotland, performs the official opening of the new premises of the Scottish Old People’s Welfare Council at 5 Manor Place saying **“You are a small, skilled, experienced nucleus, serving a great network of voluntary effort on behalf of the elderly all over Scotland”**.



On 21st April 1971 the Scottish Old People’s Welfare Committee (SOPWC) became the Scottish Old People’s Welfare Council and adopted an autonomous constitution.

Since 1951 SOPWC had been operating as an independent body in its day to day work and national activities, but constitutionally had been an advisory sub-committee of the Scottish Council of Social Service. Now an independent charity, the Council appointed its first Director.

After much debate amongst the membership, the Council adopted the name Age Concern Scotland, retaining the subtitle of the Scottish Old People’s Welfare Council for constitutional purposes. Many of the Council’s affiliated old people’s welfare committees also chose to adopt the Age Concern name, as did new organisations setting up after 1974 who met the charity’s criteria such as Broomlands and Bourtrees Hill Age Concern in Irvine.

There were other changes too. In 1975 local government in mainland Scotland was reorganised into a two-tier system of regional and district councils; in the islands

unitary, all-purpose councils were formed. The Social Work (Scotland) Act 1968, following the publication of the Kilbrandon Report, revolutionised statutory social welfare services. Local authorities now had a duty “to promote social welfare”, allowing for much wider scope for planning and delivering services. Social Work Departments were set up in each of the Regional Councils. Many local authorities also established Community Education Services following the publication of the Alexander Report (1975).

Locally and nationally old people’s welfare organisations put great effort into keeping abreast with

“Regionalisation” and to working with the new departments to improve support for older people. Falkirk Old People’s Welfare Committee, for example, was represented on the Central Region Social Work Committee. In conjunction with the Social Work Services Group intensive training courses on the topic “Social Work with the Elderly” were organised for field and residential social workers employed by local authorities, hospital boards and voluntary organisations.

Age Concern Scotland began to grow and was awarded local authority revenue grant funding to appoint a team of 6 field development officers working in Grampian, Lothian and Strathclyde Regions.

New Counselling Services for Older People were developed in Aberdeen, Inverurie, Edinburgh, Clarkston/Glasgow, Greenock/Port Glasgow and Paisley.

Meetings and conferences were organised for club conveners. Development Officers also organised a symposium on **“Older People in New Towns”**. Some of the new towns had been in existence for 20-30 years and the proportion of older people had grown from

1972

Aberdeen Old People's Welfare Council publishes its **"History of Visiting; The first twenty-five years"**. In 1972 the Council has 140 visitors "bringing friendship and material help to 190 older people in the city".

1972

Scottish Old People's Welfare Council sets up a Working Party on **"Elderly People at Risk"**.

1972

The Scottish Old People's Welfare Council and its counterpart in England, Age Concern, and the Councils in Ireland and Wales meet in Liverpool to discuss increased cooperation to strengthen the old people's welfare movement.

© West Lothian Archives and Records Centre

© Royal Commission on the Ancient and Historical Monuments of Scotland



Livingston



Aberdeen



Arisaig

© Newsquest (Herald & Times)

almost none in the early years to approximately half of the national average of 16.5% of people over retirement age. Numbers were projected to grow over the next 10-15 years and the symposium provided an opportunity for New Town Development Corporations, local authorities, and voluntary organisations to discuss facilities and planning for older people.

The Charity's first Housing Officer and Training Officers were appointed in 1974. Over the next five years Age Concern Scotland organised 19 seminars and conferences throughout the country. More than 1500 people – housing officials, social workers, housing association staff and

committee members, councillors, civil servants, wardens, volunteers and older people attended the events. The first seminars highlighted the need for sheltered housing resulting in almost every District Council building or planning to build sheltered housing. Training courses were also organised for the wardens of housing, and on sheltered housing for older people with sight or hearing loss.

OBITUARY

MISS MARJORIE L SALMON M.A.

"It is difficult to appreciate that one who was at the centre of the Council's work in Scotland is no longer with us. Miss Marjorie L Salmon after an illness lasting thirteen months died peacefully at her home in Edinburgh on the morning of Sunday, 15th July, 1973.

Miss Salmon became Education and Travelling Officer to the Scottish Old People's Welfare Committee in July, 1964 and in January 1967 was appointed Secretary to the Committee and continued to have responsibility for educational work.

Miss Salmon became well known throughout Scotland. The courses she organised covered a very wide field

and attracted a ready response from voluntary workers with elderly people. Housing for the elderly was a particular concern to Miss Salmon. She made great efforts in 1970 to encourage the provision of sheltered housing in Scotland. In April of that year she was responsible for a study tour for those concerned with housing, visiting different types of housing projects in Cheshire. Later, in May with the cooperation of the National Federation of Housing Societies, Miss Salmon organised a very successful conference on the subject in Aberdeen.

Her first social work post was as caseworker with Aberdeen Association

of Social Service specialising in work with individual older people and their families and it was soon evident that Miss Salmon had taken up social work from a clear sense of calling. She was intensely interested in people of all ages. Miss Salmon spent 9 years with the Association where she is remembered with affection. Among her many gifts was seeing the other person's point of view and being sensitive to their reactions.

In terms of years this life was short but one rich in experience and achievement – a truly remarkable lady".

Age Concern Scotland Bulletin, 1973

1974

The Scottish Old People's Welfare Council is renamed **Age Concern Scotland.**

1974

The Working Party on **"Elderly People at Risk"** publishes its report containing 65 recommendations including a general house to house survey "to identify the elderly at risk", and for an increase in day club provision and preparation for retirement courses.

1974

Scottish Development Department Circular 120/975 leads to an increase in sheltered housing.

1975

Local Government Reorganisation.



George Foulkes was the SOPWC/ Age Concern Scotland's first Director, taking up post on 24th June 1973.

George was no stranger to the charity. As Director of Enterprise Youth – a government sponsored organisation promoting community service – he had previously worked with SOPWC on a programme of residential training weekends to introduce young volunteers to work with older people. The training events were held Coodham, Kilmarnock.

During his tenure as Director of Age Concern Scotland, the charity's training and development work expanded, revenue grant funding was secured for staff posts and new work was pioneered in the fields of counselling, housing and campaigning.

George left the charity in 1979 when elected to Parliament as MP for South Ayrshire, but Age Concern continued to be part of his life. His mother, Netta Foulkes, lived with the family in Ayr and played a prominent role in Age Concern Ayr throughout the 1980s. In 2016 George became Chairman of the Board of Trustees of Age Scotland.



“ I was in contact with every Director of Social Work in Scotland and got to know them really well. There was a brilliant Director in Strathclyde Region, Fred Edwards, who was really fantastic and social work people in Lothian, Tayside and Grampian but I got to know them all. Age Concern had a good reputation, had a good image and Directors of Social Work would be happy to talk to us and to listen to us. They didn't always agree with us but it was good.”

George Foulkes

“ I wanted to build up local committees, so that we could have visiting services, lunch clubs, meals on wheels, and get the Councils to do it if the committees couldn't do it themselves - local groups to support older people. My thought was that the more of a network of groups we could have, the better it would be for older people.

The work of the development officers was to nurture the local committees, some of the committees had been there for a long time.

I saw the committees as the bedrock of the organisation and when I was going to Government, UK as well as the Scottish Office, I would cite the committees. The reason they should pay attention to us was because we represented these people.”

George Foulkes

1978

Age Concern Scotland campaigns to restore the Death Grant to its original 1949 value realising an increase from £30 to £125, and for the abolition of age restrictions which discriminate against the very old.

1979

Age Concern Scotland carries out a survey of sheltered housing in Aberdeen, Dundee, Edinburgh and Glasgow including design features, tenant selection procedures, managerial and warden arrangements.

1979

Conservative Government.

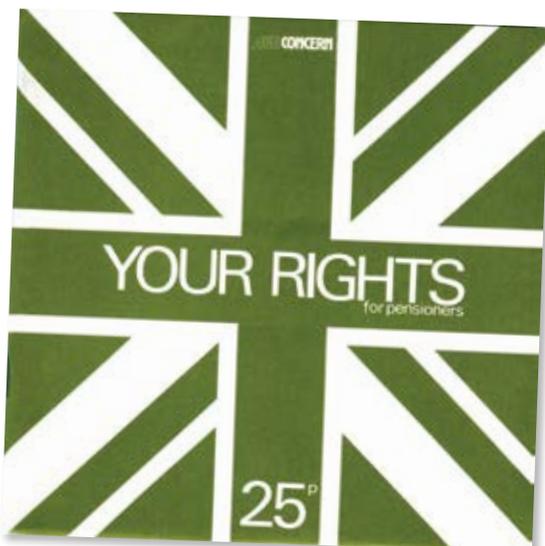
1979

Age Concern Scotland convenes a **“Working Party on Retirement Education”** under the chairmanship of Dr Jack Kane, formerly Lord Provost of Edinburgh and District Secretary of the Workers’ Educational Association. Jack Kane goes on to become Chairperson, Age Concern Scotland, 1983-86 and then Honorary Vice President.

“The retired people in each of the four nations of the United Kingdom have different problems to overcome, but one which is common to all is the difficulty of living on a pension in these inflationary times. It is our joint task therefore to see that all retired people in Britain are aware of every benefit that the state provides for them”.

- Age Concern England
- Age Concern Scotland
- Age Concern Wales
- Age Concern Northern Ireland

In 1976 the Supplementary Benefits Commission estimated 60,000 pensioners who were eligible for supplementary pension did not receive it, as a result losing £9 million in unclaimed benefits. Few older people had occupational pensions at this time and many were eligible for the benefit. Age Concern’s **“Your Rights”** information guide was published annually throughout the 1970s and 1980s.



Magdala OAP's club try shopping with the new decimal money in February 1971 © The Scotsman Publications Ltd

Youth and age

“This spring our Friendship Club enjoyed the hospitality of the pupils and staff of Penpont School. The evening, before Decimal Day, was organised to acquaint us with the use of decimal currency. Each guest was given an envelope with an amount of new coins (dummies) inside and invited to shop at the counters behind which the pupils proved themselves most courteous and adept sales assistants. They were quite expert at handling the change, which gave us our first experience of ‘shopping’ with the new money. Tea when it was served had to be paid out of our allowance. We had been warned at the start not to overspend, at least to keep back sufficient for the tearoom! It was a pleasant evening.”

Thornhill Friendship Club, Penpont, Dumfries and Galloway (1971)



Arnotdale House

Lady Avonside opened Arnotdale House on 6th October 1971.

For more than 30 years it was Falkirk Old People's Welfare Committee, later Falkirk Age Concern's base. In the 1970s more than 900 members attended the club benefiting from meals subsidised by the local authority, and concessionary bus travel enabling people to access the centre.

“ It was a lovely house, set in the grounds of Dollar Park. There were two big rooms for entertainment and activities. They had high ceilings and beautiful cornicing. We would hold the Christmas lunches there; 120 people at a time over five days. ”

Margaret Greenhill

The club was open five days per week, all day, and by 1973 activities included a sewing class, a men's workroom where picture frames and wooden plaques for house names were made, and a choir.



Letters page,
The Falkirk Herald,
1973

Thank you

Sir, - As we approach the end of 1973, we the members of Arnotdale Club, Dollar Park, can look back on a year during which we were very well looked after, in excellent surroundings.

No effort has been spared to ensure that every comfort was available. We had the pleasure of enjoying – hot nourishing meals daily, efficiently prepared and efficiently served; afternoon tea, coffee, biscuits, entertainments of high quality; Christmas party; library, recreational facilities, discussion rooms; colour television, games room...

Yours, etc

THE MEMBERS OF ARNOTDALE CLUB, FALKIRK



Brian Sloan, Betty Weir, Eddi Reader and Jean Reader at the 2016 Age Scotland Awards Ceremony. Jean and Betty were presented with an award for Outstanding Service.

“We have incorporated Age Concern into our life”

Jean Reader and Betty Weir were both born in Glasgow and moved to Irvine New Town in the 1970s. They set up Broomlands and Bourtreehill Age Concern with help from the Social Work Department in 1975 and have devoted more than 40 years to the charity and helping older people in their community. They started with a lunch club in the local community centre serving 18 dinners for people who were living on their own. In 1995 Broomlands and Bourtreehill Age Concern opened their own premises providing welfare information and advice, lunches, friendship, social activities and outings.



“ Irvine was built as a boom town and a lot of families moved here and they brought their parents with them, but then they had to move...there were no jobs. A lot had to go back up the road to Glasgow, so their parents were left here. There was quite a lot of people on their own. It must have been a lonely life for them, as there was nothing here for them. It was a new scheme. There were no regular buses, no shops, one of the houses was converted into a wee shop and that was your main shop unless you were able to walk up the hill to Dreghorn to the big shop for your messages.

We have incorporated Age Concern into our life. We used to go around all the doors just to meet the older people and let them know about the group. Sometimes they would shut the door in your face as they thought you were selling things! But we worked hard to build bonds with the pensioners. The ones that couldn't come to the lunch club we visited them. Jean ended up papering one wee woman's house. We helped a lot of people with painting, moving houses, laying carpets...There was a couple who lived on their own. We tried everything to get them to come to the group but they just wouldn't come and then the husband came in one day and said his wife had died and he didn't know what to do, so we took him into the office and made him a cup of tea and we phoned the undertaker to make the arrangements. Betty would take dinner along to him.”

Jean Reader and Betty Weir

1980

Age Concern Scotland supports a network of 220 local Old People's Welfare and Age Concern organisations. The charity opens a Special Projects Small Grants Fund to assist members to develop new services.

Membership continues to grow to include individuals and national organisations "united in their common commitment to improve the quality of life of older people in Scotland".

1980

The A D Cameron Day Centre for Senior Citizens in Largs is opened by HRH Princess Alexandra, following 6 years of work fundraising and securing suitable premises for the centre by Age Concern Largs.

1980

Despite widespread support in Scotland, and one million signatures to the UK Petition calling for an increase in the Death Grant, the Government fails to respond. The Death Grant remains at £30, while the average cost of a funeral is £400.



Campaigning work accelerated in the 1980s nationally and locally. The number of older people aged over 65 continued to be a growing percentage of the population. Statutory and voluntary services needed to increase and improve to match the changing and more complex needs of older people, particularly the growing number of frail older people who had been born at the turn of the century and were now aged 75 plus, and to tackle inequalities.



In the early 1980s Age Concern Scotland put great energy into the development of adult education opportunities for older people. With 3-year funding from the Scottish Education Department, Age Concern Scotland set up the National Development and Resource Group on Education for Older People (DARG). Four part-time Education Officers were appointed to help promote pilot schemes and to encourage statutory and voluntary bodies, employers and trades unions to take a greater interest in providing educational opportunities for older people. Small grants were provided to local organisations to develop living memory work, creative writing, arts and crafts classes, yoga and chair exercise, and intergenerational activities.

From 1984 onwards, through the leadership of Mary Marshall, Age Concern Scotland embarked on a policy of focussing on a particular theme each year to bring into the open problems that had been around for some time but had previously

Lifting the taboo on Dementia

“ We always had a conference on the theme before the year began to get the groups and the professionals together and anyone else who was interested, to work out what the key

issues were likely to be and what people were concerned about. In the case of dementia, people would not go home; they would not leave the conference. They were not going home until they had set up an organisation – which became Scottish Action on Dementia. We realised we had hit on something.

People were angry, upset, overwhelmed – carers, professionals, (though sadly not any people with dementia), and voluntary organisations. They were all feeling that dementia services were a big mess.

Scottish Action on Dementia achieved the most astonishing things. In the end, it merged with Alzheimer's

Scotland which by then was consolidating and growing. Scottish Action on Dementia decided no organisation existed to support the professionals. The carers had their organisation, but the professionals didn't. (The Scottish Dementia Working Group was set up subsequently). They came up with this terrific idea

1981

Age Concern Scotland publishes **“Retirement Education in Scotland”** the report of the Working Party. The report calls on the Secretary of State to take the lead in providing a broad framework of policies and services which organisations can base their activities.

The 1980s Campaign Themes

- 1984** Health is Wealth
- 1985** Reach Out (Action on Dementia)
- 1986** Stake a Claim
- 1987** Celebrating Age
- 1988** Housing A Real Choice?
- 1989** Focus on Falls

The theme was carried through much of the charity's work keeping the topic in the public eye through meetings, conferences and training events, publications, project work and grants. It was also the focus for activities during Old People's Week.



The 1989 Focus on Falls theme enabled Age Concern Scotland to look at a range of issues around the quality of life of older people including chiropody, home safety, and drugs. The charity worked with physiotherapists and people who had fallen to learn about the issue.

10,000 information leaflets were produced focussing on Falls Prevention, and many local member organisations adopted Falls as the theme for their AGMs.

attracted little public concern. Attention was drawn to the plight of older people and their carers affected by dementia, to poverty and the need for initiatives to support older people to find out about and apply for much needed welfare benefits, and to the housing needs of the majority of older people who wanted to remain in their homes.

The importance of hard facts and information was key to tackling misinformation and engaging support. Age Concern Scotland opened an Information Unit, and appointed its first Information Officer to provide information services to local Age Concern/Old People's Welfare Groups and the increasing number of older people and their families, professional staff and students seeking help and information from the charity. As time went on a borrowing library holding books and photographs was established. The library was supported by grant funding from Help the Aged. The range of publications expanded to include the popular and widely distributed **Adage** News Bulletin, published every two months, **Housing, Facts and Figures (1983)** and **Older People in Scotland: The Basic Facts (1985)**.

“ We were very confident about our facts. The little information cards we used were such a clever idea... I went once to speak at a Strathclyde Elderly Forum meeting in Coatbridge and Donald Dewar and John Smith were there, both of them speaking to a room full of pensioners and both of them fished out their information cards.



If you have the information and it is clear, it makes a huge amount

of difference... We knew, for example, the numbers of older people living in poverty and were outraged at that. The grassroots projects fed information through to us all the time which was really good. The local groups also meant we could go and meet older people and hear what they had to say. I also spent a lot time with Strathclyde Elderly Forum, hearing their tales, absorbing their anger.”

Mary Marshall

of a centre whose job was training, informing, and supporting professionals. It was unique. They got the government to fund it for three years.

Well that was the job that I got – directing the Dementia Services Development Centre. I had three years of money, to employ a training officer, a development officer and

support staff and to set up an office in the University of Stirling. It was extraordinary. Following Scotland, centres were set up in every part of the United Kingdom over the next two or three years. Creating dementia services development centres is an astonishing achievement, from nothing.

Scottish Action on Dementia was an organisation that set itself up and had the confidence and brass neck to achieve a great deal. Age Concern Scotland was able to provide it with a home for a couple of years. We held it while it was a fledgling- before it flew off. These very new organisations rarely start

without that support. They flounder without the basics of an office and secretariat until they find their feet properly”

Mary Marshall
 Director, Age Concern Scotland 1983-89, and the first Director of the Dementia Services Development Centre at the University of Stirling.

1982

Age Concern Scotland sets up DARG under the chairmanship of Dr Ethel Gray, President of the Scottish Institute of Adult Education (SIAE), to improve and expand educational opportunities for older people.

1982

Sunday 3rd October 1982 is designated the first “Old People’s Sunday”. A working group comprised of representatives of the churches and religious organisations coordinates activities including providing a leaflet with information about demographic trends and hymns, prayers and readings relevant to the Church Service focussed on older people.

1983

The first Age Concern Scotland Assembly is held in Arnotdale House. The Assemblies are held twice a year in different locations to bring members together to discuss issues of joint concern and strengthen mutual co-operation.



“Over and beyond all that is done by the larger organisations both statutory and voluntary, I am impressed by the “many coloured tapestry” of service rendered by small groups, working on the “good neighbour” or person to person principle. What countless thousands of ordinary folk of all sorts, in quiet and unspectacular ways, are saying to some older person, ‘**I care for you; I care about you**’. Age Concern, it seems to me, has as one of its main objectives to increase the number and effectiveness of caring people.”

**Leonard Small**

Age Concern Scotland Annual Report 1982/83

Over its 75 years the charity has had a succession of remarkable chairs. None more so than The Very Rev Dr R Leonard Small, Chair, Age Concern Scotland, 1979-82 and then Honorary President. Leonard had been a Moderator of the Church of Scotland and through his work at Age Concern Scotland led on the spiritual needs of older people. He was much loved, well respected and hugely well connected.

EEC Food for the Needy Programme in Falkirk

In 1987 Arnotdale House in Falkirk was one of a number of EEC Butter Distribution Centres set up Age Concerns in Scotland. The programme was administered by Age Concern Scotland. Many older people unable to go to the distribution centres were visited with a personal delivery service by local Age Concerns.

Helping Hands in Paisley and Johnstone

In 1982 Age Concern Community Enterprise in Renfrewshire set up the **Helping Hands project** with funding from the Manpower Services Commission Community Enterprise Programme. The Helping Hands volunteers in Paisley and Johnstone provided home visiting assistance and help with a variety of practical tasks such as minor household repairs, cleaning windows, shopping, escorts on hospital visits and support in times of crisis to 300 older people each year.

1983

Castlemilk Elderly Forum is created to give older people a political voice to improve local services – it's the first group of its kind in Britain, and inspires forums to be formed across Scotland.

1983

Care with a Chair Campaign, launched in England, receives Scottish support. The Scottish Grocers Federation and many local shopkeepers and disabled groups join Age Concern Scotland to promote the idea of providing a chair for older shoppers.

1983

Age Concern Scotland Development Officers produce the **"Ideas into Action Pack"** for local groups. The pack comprises 12 leaflets covering common areas of interest for members such as being a committee member, committee skills, running a transport scheme, and setting up a visiting service.



Pioneering Charity Shop and Welfare Advice Centre in Ayr

In 1980 to make their services more accessible and attractive Age Concern Ayr opened a charity shop and welfare centre. The shop did a roaring trade with people coming from as far afield as Glasgow to purchase clothing and to help raise money for the charity's welfare service and other good causes. Volunteers collected donations for the shop from people's homes. Information and advice on housing and benefits and things to do in retirement was



provided by trained counsellors. Age Concern Ayr also organised public meetings to propose the founding of an Ayrshire Hospice, and when a Hospice Trust was subsequently formed the charity initiated fundraising with a donation of £22,000 from the proceeds of their shop.

Bessie Otterson

(pictured right) was a volunteer in the Age Concern Ayr shop for 26 years. Bessie helped in the shop on Fridays and fondly remembers Jenny

White, Nessa Foulkes and Bertie McCubbin – the founders of the charity shop and welfare service. Bertie first got involved when he was widowed and started attending Ayr Old People's Welfare Committee Lunch Club held in Carrick Street Halls. He became Treasurer of Age Concern Ayr from 1975 and maintained detailed hand written ledgers recording the donations raised from coffee mornings, flag days and the charity shop. His daughter, **Julia Templeton** (pictured left), took over as Treasurer from her dad in 1985 on a temporary basis that lasted 30 years!

“One day in the shop when she went to go home Netta Foulkes went to put her coat on. Her coat wasn't there, it had been sold!”

Holidays in Fife

In 1983 Age Concern Buckhaven and Methil purchased a caravan to provide holidays for older people. The caravan was funded by an Age Concern Scotland Special Projects grant.



Home Truths in Govan

In 1987 Johnnie Beattie launched Age Concern Govan's Project report **"Home Truths"** at the Age Concern Scotland Spring Assembly. **"Home Truths"** by John Carr summarised the views of housebound older people about the help they needed. This included education and artistic stimulation not usually available to them. Johnnie Beattie spoke about the importance of listening to older people.

1984

Age Concern Scotland holds a conference on dementia leading to the formation of **Scottish Action on Dementia**, the following year.

1985

There are now 9 Elderly Forums in Strathclyde. The Strathclyde Elderly Forum is established and holds its first conference to publicise the work of the local forums on housing, transport, health and welfare issues.

1986

Help the Aged sets up an office in Scotland.

1986

It's the coldest February since 1947. Pensioners are dying of hypothermia and cold related illness. Age Concern Scotland takes the Secretary of State to court over the system of cold weather payments in Scotland, but loses the legal challenge.



The first Care and Repair project in Scotland was started by Age Concern Scotland, Edinburgh District Council and Shelter in Tollcross in Edinburgh in 1985.

Age Concern Scotland employed 3 Care and Repair staff to assist older people to obtain repairs to their properties that would improve their quality of life and enable them to remain in their homes. They helped older people plan improvements, sort out finances, fill in grant forms, and supervise workmen.

In the first year the project raised over £100,000 from grants and loans to help over 200 people in Tollcross carry out essential repairs. In January 1986 the Western Isles project started and swiftly expanded employing Age Concern Scotland staff in Barra, North Uist, and South Uist as well as Harris and Lewis. Improving crofts raised particular challenges because of their remote location. Age Concern Scotland and Shelter continued to lobby for more services like Care and Repair and Age Concern projects also got underway in Leith in 1988, and the Applecross peninsula in Wester Ross in 1989 which rapidly built up a case load of 44 clients in the first operating year.

Putting the Care into Care and Repair

“Leith Care and Repair started in a flat in Admiralty Street in Leith.

It started off we went around knocking at doors advertising to say that we were available and that there were grants available for people, mostly elderly people, to get their houses renovated. There was 90%, sometimes 100%



grants for them to do that. There was quite a big take up over the years and we renovated hundreds of houses putting new bathroom suites in, new wet floor areas, rewiring houses, putting lights in

for the first time and helping a lot of vulnerable people along the road because they were staying in really poor conditions...Some of the tenements still had outside toilets which were in the tenement

“Age Concern Scotland believes that every elderly household has the right to a decent home. A decent home should be warm, adapted to the person's needs and at a price the person can afford... Many of the growing number of elderly people do not have a decent home. Elderly households are disproportionately concentrated in the private sector and in houses that lack a bath.”

“Housing, Facts and Figures”

Age Concern Scotland, 1983

The publication highlights the higher numbers of people in Council housing in Scotland, compared to the rest of the UK, and also the relatively high number of older people in privately rented housing.

1987

The Policy paper **“Age Concern wants Action on Dementia”** is published. Age Concern Scotland delivers “Understanding Dementia” training for member groups, and publishes a “Local Action for Dementia” Resource Pack.

1987

“Dangerous Cold” by Dr Euan Lloyd is published drawing attention to cold related illness.

1987

The former Scottish Council of Social Services adopts the new name of the Scottish Council for Voluntary Organisations. Age Concern Scotland participates in the in SCVO Working Party on Short Term Funding – an issue of great concern to the voluntary sector.



building... A lot of houses had rising damp and there were grants to get rid of the rising damp which was a health hazard... Some had no running hot water and people had to boil a kettle to wash and shave. We had a good rapport with the people in Leith and the system just grew from there.

We worked closely with the grants department in the Council. They were great. They would come out and visit with us. They would take notes and tell you what grants are available for the client and they bent over backwards to help. Without the grants we wouldn't have got half the work done. These people never had the money to modernise their houses. Pensions back then, old people living on their own, there wasn't any spare money, there was just money to live on.

There was one old lady we helped. Her living accommodation was three mattresses, one on top of each other and there were holes maybe 2 inches in diameter, all over the mattresses and right

down the side of mattresses and there were, I kid you not, hundreds of mice lived in this house in these mattresses. It took a while to get in to the house, and it took a while to get the woman's confidence that the house needed done up. So we got her moved out to a guest house and we fumigated the house and the mice were actually jumping at us... At the end of the afternoon we lost count after 400 mice were killed. We were shovelling them into bags and that woman was living in this.

It took another couple of weeks to get the rest of the mice that had fled and were dying in other parts of the building. Everybody was warned that this was going to happen. That lady had a good lease of life when we moved her back into a modernised apartment - new kitchen, new bathroom, no vermin, no vermin in the tenement, we got rid of the lot - and she led a good life for many years after it.”

Tam Bruce

Care and Repair Edinburgh,
1988 - 2018

Age Concern members were heavily involved in the **1987 Stake a Claim campaign** especially during Old People's Week organising numerous local take up campaigns, training sessions, stalls and displays to help older people claim their full entitlement of benefit allowances, insulation grants and other payments. Age Concern Scotland produced a range of Information resources to support different ways of getting the message out including a guide to setting up an information service called **“Enquire Within”** and a film for older people about the policies of the day, fronted by Jimmy Logan, and launched during Old People's Week.



1987

In partnership with the Scottish Council on Disability and Help the Aged, Age Concern Scotland sets up a Winter Warmth Advice Helpline operating during winter 1987/88.

1988

A public meeting aimed at forming Age Concern Orkney leads to the setting up a new committee to build on the success of Voluntary Services Orkney's "Voluntary Project for the Elderly" which had established a volunteer network to help older people with shopping, grass cutting and decorating.

1988

The Griffiths Report, "**Community Care: An Agenda for Action**" is published. Age Concern Scotland, together with Age Concern England and Age Concern Wales, table an Early Day Motion in Parliament urging the highest priority be given to its implementation.



The Club Secretary looking after her members

For more than 30 years, **Jean Glen** was Secretary of the Knightswood Wednesday Club and, her husband, John Glen was convener. The club had more than 90 members.

"In those days the Secretary did all the work, all the organising... The club met every week, in the afternoon, I would have organised speakers or what might interest them... Trying to get speakers in an afternoon was difficult because most of them worked, but we managed, we managed quite well.

We always had an outing in the summer. And that was organised... 'Where would you like to go?' 'Ayr.' 'Ayr.' 'We were there the last time.' So there was always a long discussion, but it usually ended up that we went to Ayr! Or we went to Helensburgh and across to Luss, across the hill.

One time I had taken the club to North Berwick, and I had



to let them know at the hotel that we had arrived and I discovered that I had two bus loads and it suddenly dawned on me how many people I was responsible for, and it was quite a shock to discover that I was responsible for all of those people.

However, it became second nature. On an outing, they had a lovely day, whereas I was busy looking after them, and the people who couldn't come I always sent them a postcard, so I had to get postcards, and write them, so that they felt they weren't left out. To me that was the way you looked after people, just to say that they weren't forgotten because they weren't there, to me that was important at the time."



The start of Walking Groups in Grampian

"It was while I was working as a full-time Community Education Worker in Bucksburn, Aberdeen that I first really got involved with working with older people – that was about 1982. There was a big gap in the market.

The community centre I worked in had a very wide programme but the bit that was missing was older people. The only thing that really happened was that once a month about 150 older people came into the centre for their pensioners' meeting. They were fed, watered and entertained and sent home again and I remember thinking there's more to life than this! So in 1982 we did a small survey in two parts of Aberdeen city. From the word go our plan, in true community education style, was that whatever we did had

1989

Help the Aged's **"Needs Survey in Scotland"** identifies transport as the biggest area of unmet need for older people.

1989

The Dementia Services Development Centre is established at Stirling University.

1989

In co-operation with housing groups Age Concern Scotland successfully campaigns for amenity housing to be excluded from the Right to Buy legislation in the Local Government and Housing Bill.

The first Ramblers Rendezvous, Leith Hall, Huntly, 1990

Photographs reproduced by kind permission of Marjory D'Arcy



to involve older people - it wasn't about being done for, it was about encouraging them to be involved, and to take responsibility wherever possible. Activities developed from 1982 up to about 1985, by which time we had quite a good programme going in at least two places in Aberdeen.

In 1985 I got a phone call from my colleague to say 'I'm sitting in the office with an Outdoor Education guy and we've come up with an idea and we want to know if you'd be in on it' and I said, 'yes, whatever it is!'. He then said 'what about doing something with walking and older people?', so we set up the Triangle Project. We identified three areas in the city - two of the ones we'd already been working with - and we set up three walking groups, which was absolutely unheard of. We used the community minibus, 13 or 14 people came in the minibus, and we just did very simple things, we went for walks. We eventually got somebody to take responsibility for registers and contacts and even some people learned to drive the minibus and people just loved it.

By 1985, we then thought 'let's do something even more different, let's do a residential course', so we invited 15 people to come and enjoy 5 days in Grantown-on-Spey, to enjoy the out of doors. That's

all we asked. We didn't spell out any activities at all, and I think 15 quite brave people signed up. Some of them had been in the walking groups. We had two minibuses, one with two canoes strapped on the top, which got really strange looks! By the end of the week, they'd all been in a chairlift, they'd all been in a canoe, in a dinghy. It was so successful that they said 'more people need to do this'. So they went to the Education Committee and as a result we got support and funding from the authority to run these courses - two a year for ten years. The walking groups just started to grow like topsy...

By the late 1980s, Grampian Region did a review of Community Education...one of the 92 recommendations was that they should make a post of a Development Officer for Older People across the region. I got this post in 1989, October I think it was. By this time the initial three walking groups said 'we need to get all these groups together that are all over the place'. So I said, 'right, are you going to plan it?' and they said 'yes, we'll plan it' so we all did it together and they decided it would be called the Ramblers' Rendezvous..."

Marjory D'Arcy

Chair, Grampian 50 Plus Network

1990

“NHS and Community Care Act” is passed bringing about changes to the way services are planned and provided impacting both on people requiring care and older people’s groups and organisations providing care services.

**1990**

The Open University launches a new study pack “Working with Older People” at events in Glasgow and Inverness. Topics include minority ethnic groups, the daily lives of informal carers, innovation in community and residential care, mental health, and the increasing role of the private sector in caring for older people.

1991

Milan Senior Welfare Council is founded to provide support for older people from the Indian, Pakistani, Bangladeshi & Mauritian Communities in Edinburgh & Lothian.

Age Concern Scotland theme this year is **“Growing Old in a Multicultural Scotland.”**

1990s**MAKING OUR VOICES HEARD**

The implementation of the new Community Care legislation was a major focus of work for Age Concern Scotland and member organisations throughout the 1990s. Age Concern Scotland’s 1990 theme **“Opening Doors on Day Care”** highlighted the resources and expertise of member organisations in this area, and the increasing importance of community care services being provided by local day centres.

The campaign was launched in the Dixon Halls Centre in Glasgow. The centre had started many years earlier as a lunch club with a programme of activities organised by older people for older people. Recently the centre had expanded its services to include transport to the centre for isolated, housebound older people, a good neighbour scheme, day care for people with dementia and respite for carers.

The immediate concern around Community Care legislation was to ensure that older people were involved and able to contribute to the creation of the local authority community care plans which were to be produced by April 1992. The charity’s development officers worked hard to create networks for consultation to support older people’s groups and organisations to engage in the planning

process, and a pack was published **“Taking part in community care planning: the involvement of user groups, carer groups and voluntary groups”**.

In 1994 the charity adopted a two year theme **‘Care in the Community’** to examine many of the issues around implementation including charging policies, the provision of home care, and older people’s involvement in determining the community care services that would be of most help to them. Conferences were held to promote understanding of the needs of older people and the involvement of older people’s organisations in the provision of services, and the pioneering Fife Users Panels were developed. Age Concern Scotland also held a debate, chaired by Ruth Wishart, on the question of long term care and how it would be paid for.

The charity restructured in April 1996 following local government re-organisation. This led to new activities providing direct support to older people, particularly people living in scattered rural communities who faced particular problems with access to services, transport and information. Additional development staff were appointed to support work in local communities including in Hawick and Duns in the Scottish Borders, and Lochaber and Badenoch and Strathspey in Highland. A fundraising team was engaged. Part of their role was to attract donations for Age Concern Scotland’s grants programme for member groups, renamed the Enterprise Fund. Many individuals, trusts and businesses generously contributed to this fund each year. Member groups and organisations could then apply for a small grant to help with the purchase of equipment, or the costs of starting up new activities or services for the benefit of older people.

1992

The Scottish Pensioners Forum is established as an umbrella organisation for groups and individuals working and campaigning for a better deal for older people. The Forum works closely with retired trade union branches to ensure their views are heard.



1992

European Year of Older People and Solidarity Between the Generations is held to raise awareness of issues of ageing, to promote positive images of older people, and facilitate exchange of experience and good practice across the European community.



1993

14,000 Scottish pensioners celebrate Age Concern Scotland's Golden Jubilee at 200 simultaneous tea dances in an attempt to set a world record for the biggest tea dance ever. The largest single event takes place in Aberdeen and is attended by 510 dancers.



The Fife Users Panel Project pioneered the development of panels to enable older people who were hard to reach and engage to express their views. Seven panels were established across Fife. Panel members discussed with each other their experiences of growing older and of using health and social care services, commenting on issues such as the quality of long stay care, GP services, home care and complaints procedures. The panels came up with 14 points for good hospital discharge based on their own personal experiences and what they would consider good practice which influenced changes in services. The project evaluation report **“If they would listen”** was widely distributed throughout Britain.

“It was a unique project, designed by Joyce Cormie who was the Development Officer in Fife. Her aim was ‘how do you involve service users who are quite frail?’ She was concerned about those who have services provided for them but little say. She devised a programme that brought together quite vulnerable people, on a regular basis, to look at what the local council was suggesting they needed and to influence and suggest some changes. They were effective, and before their time. We have focus groups and juries and other engagement events and the Government consult a lot, but this was very, very focussed on a smallish group of people with high level needs who often aren’t heard.”

Maureen O'Neill

Throughout the 1990s people came together to form new community organisations and older people’s clubs and groups providing friendship, fun, social activities and practical services. Older People’s Week, European Year of Older People and Solidarity Between the Generations and Tea on the Water were important dates in the calendar for many older people’s organisations. Campaigning organisations were set up nationally and elderly forums grew in strength and number lobbying on pensions and important local issues.

Help the Aged also expanded its activity in Scotland. Help the Aged’s fundraising and grants giving programmes were backed by many organisations and individuals, especially young people who took part in a variety of imaginative fundraising activities. The money raised provided valuable support to many local older people’s groups and organisations, and the Scottish Dementia Services Development Centre. Across the UK, the charity campaigned vigorously to put the plight of older people experiencing food and fuel poverty on the political and public radar, organising the hard hitting “Heating or Eating” campaign. In 1995 Help the Aged’s freephone telephone service was set up in Scotland. **SeniorLine** provided detailed advice on welfare and disability benefits, cold weather payments and a wide range of advice and information on local sources of practical help for older people, and operated until 2003 when it was absorbed into the charity’s UK operation.

1993

Local residents from two Church of Scotland congregations establish a charitable organisation to address the problems of social exclusion and deprivation in the Bellshill community. In 1995 they open Orbiston Neighbourhood Centre providing a range of services in the community.

1993

Age Concern Scotland campaigns against the introduction of VAT on fuel, lobbying MPs and the Scottish Office and providing detailed information on the potential impact of VAT on fuel for pensioners in Scotland.

1994

Age Concern Scotland and the Scottish Council for the Single Homeless carry out research into homelessness and older people.

1994

Age Concern Scotland's "Partnerships in Rural Community Care" Conference in Inverness hears from older people involved in community organisations in Dunbeath, Durness, Lockerbie, and Skye on local initiatives to ensure older people living in rural areas can remain in the communities they have lived and worked in.

1990's**MAKING OUR VOICES HEARD**

Housing was really important. The focus on housing highlighted a number of things we should be thinking about to support an older population - what was going on in housing policy, what sort of houses, were they damp? as well as initiatives to do with supported housing. Helen Carlin and Jess Barrow made things happen. They worked closely with the Scottish Executive to get issues on the agenda. They also worked with the RICAS to try to get guidelines to make designs suitable for all generations; for instance, loos and bathrooms on the ground floor, easy access for wheelchairs and so on. One of the constants, and it still is, was cold weather and the impact on older people. Every year we ran a campaign about the issues and I spent quite a bit of time on the media talking about good neighbours and fuel poverty and poverty in general and these issues, sadly are still around.”

Maureen O'Neill,
Director, Age Concern Scotland,
1993-2004



**A HOME MEANS A ROOF
OVER YOUR HEAD**

**IT IS SOMEWHERE YOU
FEEL SECURE AND WHERE
YOU CAN INVITE YOUR
FRIENDS**

**IT IS SOMEWHERE YOU
CAN AFFORD TO HEAT
AND RUN,**

**WHICH DOESN'T TRAP
YOU INSIDE, AND WHICH
IS IN GOOD REPAIR.**

“ I joined as Director September 1993. I remember my job interview. Rev Leonard Small was there and he said, 'why do you want this job?' and I replied, 'because I would love it', and I always did. It was a powerful and effective organisation and I think we achieved a great deal. What I remember was having a fantastic group of staff who were really motivated. We had local development teams which supported local initiatives, a policy and public affairs team, including information, a housing team and an embryonic enterprise company.

The Applecross Lunch Club was one of the many older people's groups to benefit from the Enterprise Fund. When the local petrol filling station closed down in 1992 Applecross's 250 residents had a 40 mile round trip to get fuel from Lochcarron. Bad

enough in summer but in winter, when the Bealach Na Ba pass was blocked by snow the only access was via the coast road which meant an 80 mile trip. This was a real problem for all, but especially for the large number of older people who depended on

the community minibus to access local services including the lunch club. The whole community pulled together to raise the sum of £40,000, including a contribution from the Enterprise Fund, to set up their own self-service filling station in 1995.



1995

The Food Train begins in Dumfries following publication of a community survey in Lochside that found many older people are struggling to do their weekly grocery shopping. The Food Train is a partnership of local shops and volunteers making deliveries of fresh groceries to older people in need.



1995

Polish Connections Scotland, Age Concern Scotland and Polish organisations in Edinburgh, with support from Lothian Region Social Work department, set up Ogniszko, at the time Scotland's only Polish lunch and social club.

1995

Age Concern Scotland publishes the **Bill of Rights** to encourage new Councils to be aware of the needs of older people as the plan and deliver services, and also to highlight the important contribution older people make to the delivery of a range of local services.



90 older people took part in a walking holiday in Austria as part of European Year of Older People and Solidarity Between the Generations.

Organised by Grampian Regional Council Community Education, the holiday culminated in a visit to the European Parliament in Strasbourg where they attended a reception hosted by Winnie Ewing MEP. Age Concern Scotland awarded 36 Enterprise Fund grants in 1993 to assist member organisations with educational visits to other European countries and for reminiscence sessions across the generations.



Helen Simpson started working as an administrator with Help the Aged in November 1993, and is now Age Scotland's Community Resource Officer.

"We used to have a schools programme. Hector was the mascot. The Fundraising Team which was growing at that time used to go out to the schools not only to try to raise money but to educate children about older people and what Help the Aged does. We had fundraisers who would work with businesses and groups who were looking for help. We had one fundraiser who helped raise money toward the Iris Murdoch Centre at Stirling University. We were branching out all over. We had fundraising committees who used to do high profile events. We did an arts exhibition that travelled round Scotland selling pictures by well known artists to raise funds. We used to do abseils and mountain bike competitions. I did a few charity abseils myself. It was great to get involved in it."

1996

Age Concern Scotland's Home Truths campaign calls for better designed affordable housing and an end to the misery of older people being unable to adequately heat their homes. As part of the campaign, the Fife

Users Panels work with an architect to improve housing design feeding in information on what barrier free housing would look like to the development of housing design guides for older people.

1996

Age Concern Scotland launches its city-wide Care and Repair Service in Edinburgh with a presentation at the home of its 5000th "small repair" client and holds a ceilidh at Dalry House. A handy person service working with volunteers is set up.

1996

Local Government Reorganisation replaces Regional and District Councils in Scotland with 32 single unitary authorities.

1990's**MAKING OUR VOICES HEARD**

Spotlight on Transport

"On my second day at Age Concern Scotland I was a speaker at a rally outside St Andrews House about accessible, affordable, available transport. This was a theme that remained a constant for the whole time I was with Age Concern. The concessionary bus passes were important. I think people were paying about £10 a year to their local council but there were variations throughout Scotland. Consistency was always a big issue."

Maureen O'Neill



The 1997 Age Concern Scotland **Here We Go** Campaign called for a national concessionary fare scheme for all older people, and the funding and development of community transport services.



"The job of Community Development Worker was a very nitty gritty job - get out there, find out what people want, and make it happen.

Very quickly after I started work with Age Concern I got the chance to go to the Community Transport Association annual conference down in Blackpool and it really gave me a great grounding in what community transport was and what the potential and possibilities were, for the Highlands in particular, and it just opened my eyes to the legislation that supported community transport, and also the huge number of people that were out there doing their own thing to develop their own solutions. Early on we helped to get community transport going locally, both in Lochaber and in Badenoch & Strathspey.

When I go into the local shops today, I see older people who have come out shopping by minibus or with the community car scheme. I'm really delighted when I see that as several community minibuses and shopping services were started as a result of sitting down with older people and asking "What do you really need? What would make life better for older people?" And when I'm in the supermarket, I often see the Lochaber Action on Disability bus coming in. That was one of the first services. They came to me after they got their minibus and asked "Is there anything we can do to help get older people out to the shops?" And they still do a run from the sheltered housing complexes ..."

Jo Cowan
Age Concern Scotland/
Age Scotland Development Officer,
1996-2015

1996

University researchers rediscover the Mental Health Survey (1947) test results stored in a basement at Edinburgh University. These were IQ tests carried out with every child in Scotland aged 11 in 1947. With support from Help the Aged and later Age UK, the discovery leads to a major research project called

“Disconnected Mind” led by Professor Ian Deary of the University of Edinburgh. Over the next 20 years more than 1000 of the original participants – the Lothian Birth Cohort 1936 – are periodically retested for their cognitive abilities and health helping to shed light on how our brain ages.

1997

Aberdeen Old People’s Welfare Council unveils an exciting new development in the care of older people living with dementia. The Council opens Woodgrove – a purpose build community based dementia home for 40 residents. The Scottish Dementia Services Development Centre has approved the location and provided expert advice on the design.

Movin’ Aboot – from Aberdeenshire to Highland

“I still have my Movin’ Aboot T shirt! Marjory D’Arcy, Edna Matthew and others started Movin’ Aboot seated physical activity. It became a really big thing for us in Highland- getting older people who were in homes or day care doing physical activity. I was dispatched to meet the committee of Movin’ Aboot which was in Aberdeenshire as they had aspirations about moving into other parts of Scotland. I think our first course in Lochaber was in September 1998. That was a really big piece of work. They did a lot of training with people in care homes, day centres and club, and I still meet people who did the training. Movin’ Aboot caught people’s imagination, it was about activity and that positive move to keep people active.”

Jo Cowan

Photograph courtesy of Marjory D’Arcy



Still Movin’ Aboot in Aberdeenshire 20 years on – residents of Dyce Sheltered Housing enjoying the music, fun and chair based exercise, August 2018



Members of the St Winin’s Over 60s Club celebrating 25 years, March 2018

Building Bridges in Kilwinning

“We used to go in and help clean the church and we would sit and have a wee cup of tea and we thought ‘could we no have a wee club?’”

Ruth Scoular and Roseanne Jamieson helped to start the St Winin’s Over 60s Club in Kilwinning in 1993 providing friendship and social activities for older people, and building bridges in the community. Ruth was elected secretary and Roseanne became the tea convener.

“The title of the club then was St Winin’s Over 60s Friendship Club and on the constitution it was non-denominational. It was open to anybody and people brought friends. We just chatted at first as we didn’t really know each other. It is great how we all blended. These were people that we grew up with in the town and we just knew that they went to different churches and we didn’t know them, and now we are friends. The club has allowed the two religions within the area to come

together and become friends. There is a great atmosphere.

We meet weekly, we start in August through to Christmas and we have about a month off and we start back in January up until Easter. There was a waiting list to get in, there was that many people had heard what a good club it was. The reason we keep numbers at 60 is for the coaches for the outings, because you don’t want to say to folk, ‘you can’t go’. We still have a waiting list.

We found that some people never came to the club until they were widowed. You found that they didn’t go away out for even a day on their own, but they have done it with the company. We have had some great holidays and days away. We’ve been to Ireland, Denmark three or four times, and Norway and to different places in Scotland. A lot of friendships have been made and we have had a few marriages! And if any member lost their partner or anything the support has been here.”

Ruth Scoular and Roseanne Jamieson

1997

The Scottish Pensioners Forum sets up and leads the Campaign for Fair Pensions calling on the new Westminster Government to increase state pensions, and restore the link with earnings.

1997

Help the Aged launches the Speaking Up for Our Age programme to support new older people's forums to set up and existing forums to expand and network effectively.

1999

Nell McFadden, Chairperson, Strathclyde Elderly Forum addresses the "Breaking the Age Barrier" conference organised by Age Concern Scotland and Paisley University to confront ageism, as part of activities for International Year of Older Persons.

1990s**MAKING OUR VOICES HEARD**

Better Government for Older People in South Lanarkshire



"When I became Provost of East Kilbride, I spent a lot of time giving support, help and encouragement to older people's groups who were just at the beginning of their campaign to get their voice heard in the community.

South Lanarkshire Council became involved in the pilot initiative 'Better Government for Older People' and that was really where my specific interest in older people started. Older people were becoming more aware of the ability they had to make things better for all older people, but what they needed was the support of the public service agencies to help do that work. 'Better Government for Older People' was sponsored by South Lanarkshire Council and made up of all of the various agencies in the community that would be looking after the interests of older people and everyone else as well, public organisations like Fire and Rescue, Police, Department of Work and Pensions.

The successor organisation, of which I am now the Chair is Seniors Together in South Lanarkshire, and many of those agencies still meet together in our Executive committee where we promote the interests and needs of older people... Older people are really the most fascinating group of people to be with because they all represent a great story."

Helen Biggins,
Chair, Seniors Together South Lanarkshire

Polmont Age Concern's Wednesday Club established 1994 and still going strong thanks to the dedication of its volunteers

"It was a very small group when it started. We chose a Wednesday to have a meeting and six people turned up and we asked them what they would like us to do. Their answer was they just needed a cup of tea and a wee blether and maybe a wee bit of singing and wee bit of music. So that was the start of the Wednesday Club. It was very basic to begin with but as time went on it grew, and it grew and it better grew! And from working in the small hall we had to ask if we could move to the big hall... My advice if you are starting a group is to ask the old people themselves. They will tell you what they want; they will tell you what's missing within the community and you do it their way."

Grace Hodge

"I was quite a new person in the village, and the lady living next door to me asked if I'd like to help at the Age Concern coffee evening. I enjoyed it and was invited on the committee. I did that for a year or two and then they asked me if I would be President – 44 years later I'm still here! The Wednesday Club now that has been going for 24 years. Our numbers have grown and grown and we now have older people from a couple of care homes join us most Wednesdays. We have a summer outing and we have a fundraiser, normally about St Andrew's night, and the tickets are always a sell out for that. If anyone's ill we've got two committee members who visit or take flowers whether it's to older people in their own home or to one of the care homes. Sometimes it's just people need someone to talk to."

Betty Glen

1999

The Royal Commission into Long Term Care report is published. It recommends that there should be a clear definition of personal care, all care of this type should be provided by the state and funded through general taxation, and the government should establish a national care commission to set and monitor national care standards.

1999

The Scottish Parliament is convened and takes responsibility for many areas of life affecting older people in Scotland including housing, social care, health care, education and some transport matters, but not pensions and welfare which are reserved to Westminster.

35 MSPs attend informal briefing and discussion sessions with Age Concern Scotland to find out more about the issues of greatest concern to older people. Amongst those attending are the Presiding Officer, David Steel, and the Deputy Presiding Officer, George Reid.

“We’ve had a great variety of entertainment over the years – choirs, speakers, country dancers, tap dancers and visits from the Fire Brigade and schools. We try to get something different every week. At Christmas we have a party. This year we had 60 schoolchildren entertaining us. Members love the children coming in. I’ve

enjoyed everything I’ve ever done with Polmont Age Concern and the camaraderie of the committee is really good. It’s a great committee and the girls are all really good workers. They are really good and devoted to Age Concern and older people in the village.”

Sandra Gow



A Rally at the new Scottish Parliament

“In 1999 the Scottish Parliament had just been established. I remember being part of organising and going up to this rally, arranged in Edinburgh at the Quaker Meeting House, near the old Scottish Parliament building.

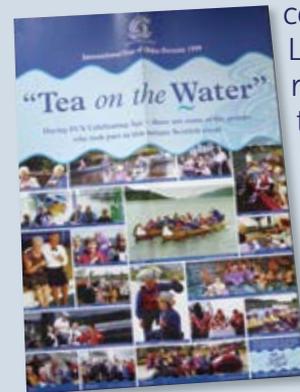
We had banners made, they were wooden and they were quite heavy. We had been given them by the local trade union office and we had to produce slogans from the older people, so there were slogans made like **‘We are not a Ticking Time Bomb’**, **‘Restore the Link’** and they were all colourful and pasted onto these heavy boards.

I got a shock when I arrived up there, we had booked the Quaker Meeting House to have the meeting in but there were too many people. Older people from across Scotland had arrived and it was deemed unsafe because everyone couldn’t fit in the building. So this rally was held in the open air round these metal railings near the Quaker Meeting House. There was no tannoy or anything and pensioners from all across Scotland would take a turn saying their piece. There was then a marching rally up to the then parliament building with various banners to lobby the new MSPs.”

Morag Halliday, Dumfries & Galloway Elderly Forum, 1999-2007

Tea on the Water

Scotland celebrated International Year of Older Persons in 1999 by arranging tea in, on or near water. From boating in Turriff to canoeing in Loch Ness and reminiscence tea parties in sheltered housing, many groups in Grampian took part in this fun project.



2000

The first meeting of the Scottish Parliament's **Cross Party Group on Older People, Age and Ageing** takes place. MSPs Malcolm Chisholm and Sandra White are elected co-conveners, Age Concern Scotland provides the secretariat. The first topic for discussion is the Royal Commission on Long Term Care.

2001

Scottish Borders Better Government for Older People (BGOP) Elder Voice and the Elder Council are launched. The Elder Council is the representative voice of older people on BGOP. The Elder Council's immediate priorities are health, housing and care; lifelong learning; employment; and, promoting a positive view of later life in the media.

2001

Dundee Age Concern is the first winner of the Age Concern Scotland Group of the Year Award, following the opening of their new purpose built day centre. The awards celebrate and recognise the work of local older people's organisations and the difference they make to the lives of older people.

2002

Community Care and Health (Scotland) Act 2002 introduces free nursing and personal care for older people in Scotland.

2000s THE NEW MILLENNIUM

The new millennium got off to a flying start. Age Concern Scotland and member groups and organisations collected more than 10,000 signatures for a petition to urge the Scottish Parliament to implement the proposals of the Royal Commission on Long Term Care in full.

The petition was presented in January 2000. Later in the year the "We Care" campaign was launched to galvanise support for action on long term care and the charity gave evidence to the Parliament's Health and Community Care Committee as part of an ongoing inquiry into community care. The following year the Scottish Executive set up a Care Development Group to bring forward proposals leading to the introduction of **Free Personal Care** in Scotland from July 2002 – a landmark development for older people in Scotland, and for the new Scottish Parliament.

In 2001 in response to growing evidence of elder abuse, Age Concern Scotland began a 3-year awareness raising initiative. "**Breaking the Silence on Elder Abuse**" examined the types and signs of abuse experienced by older people living at home with their family, in residential or nursing homes or in hospital, and opened up discussion on the need to take action to reduce levels of abuse in Scotland. Information resources were developed, and a rolling programme of training events and conferences was organised across Scotland.

Some of the training was delivered by the Foxtrot Theatre Company which presented three abuse scenarios using interactive theatre with audience participation. This proved to be an extremely powerful way of developing a better understanding of the signs

and effects of abuse. In the first year of the project 200 people from older people's groups and from organisations working with older people participated in training events in Dumfries, Paisley, Elgin and Stirling. Dundee Age Concern and Cumbernauld Action Care for the Elderly also hosted training for their members.

Intergenerational work expanded. In 2000 the Age Concern Millennium Awards distributed £186,297 to 25 projects in Scotland to support older people and older people's organisations develop a variety of intergenerational activities and herald in the new millennium. Information technology was becoming more accessible and many organisations started to offer taster workshops and activities for older people. The Age Concern Edinburgh Information Technology (ACE IT) training centre in Edinburgh led the way in delivering tailored computer training for older people and in 2005 developed the innovative "Moose in the Hoose" intergenerational project in partnership the City of Edinburgh Council's Department of Health and Social Care and CSVs Retirement and Senior Volunteer Project to bring information technology into care homes and day centres. Volunteers aged 50 plus visited the care homes weekly to help older residents learn how to use email and the internet. Within two years the project had 19 volunteers working with residents in seven care homes and two day care centres.

2002

Kilmaurs Primary School children, staff of the Windmill Tavern pub in Uddingston and members of Langholm Day Centre are amongst those taking part in Age Concern Scotland's fun fundraiser, "Wear A Hat Day", organised as part of the charity's "Fight the Freeze" winter campaign.



2003

Skye Old People's Welfare Committee is awarded the Age Concern Scotland Group of the Year. The Committee marks 50 years of providing a vital transport service for older people in an area where there is little public transport and takes delivery of a new wheelchair accessible minibus.

2004

"Advantage"
- Age Concern Scotland's new look members' magazine is published.



We Care

“Age Concern Scotland contributed to the Sutherland Commission on Long Term Care. We contributed to the evidence gathering of the Commission which consulted very widely, and many older people and their organisations were involved in this process. Age Concern Scotland was very clear that personal care had to be centrally funded. We ran a major campaign for Free Personal Care with Professor Sutherland and we had a press launch outside the Assembly Rooms. It highlighted that a fraction of a penny extra in income tax per person would contribute enormously to ensuring that personal care wherever it was needed could be supported. Linda Dunion who was Head of Policy and Public Affairs organised a brilliant campaign.

We battled and never thought we would be successful. We had a big conference in Kirkcaldy. Henry



McLeish was coming to the event and had just been appointed First Minister and he announced at our conference that he supported Free Personal Care. That was it. It was a wonderful storm of media time, I remember being on late night UK television talking about it. It was one of the first independent things the Scottish Parliament decided to do and with all party support Free Personal Care was implemented in Scotland.”

Maureen O'Neill

A visit to the Fiveways Centre, Dundee

“The centre includes landscaped gardens, a hairdressing salon, a chiropody centre, meeting rooms, kitchen, reception and notice boards which display news, views and relevant local information and a large number of photographs taken at recent events.

The large bright and airy day centre activity room on the ground floor has tables and chairs spread around the edges allowing plenty of floor space for dancing and other activities. There is also a lovely view out into the new garden paved area with plenty of natural light streaming in through the large windows and easy access to the garden itself.”

Advantage, 2004



2004

Age Concern Scotland Assemblies discuss the big issues of the moment to help inform the charity's policy positions including the proposal for an Older People's Commissioner, the proposed ban on smoking in public places, and doorstep selling.

2006

The Scotland wide Free Bus Travel Scheme for Older and Disabled People provides free travel on local registered bus services for people aged 60 plus.

2006

The Employability Equality (Age) Regulations come into force making it unlawful to take a decision on employment and training based on a person's age rather than their competence.

2007

Scottish Parliament passes the Adult Support & Protection (Scotland) Bill.

"To do nothing was not an option, to do something took courage, but the message is clear – the harming, abuse and mistreatment of older people who may be vulnerable will no longer be tolerated in Scotland."

Ann Ferguson,
Age Concern Scotland

2000s THE NEW MILLENNIUM



Eva McKellar, Vale of Leven Citizen of the Year 2007

Shortly after retiring in autumn 1999, Eva McKellar was shopping in Alexandria with a friend and took shelter from the rain in the local community centre. It just so happened that the Vale of Leven Age Concern meeting was taking place there.

That Christmas the ladies running the group decided to step down and the charity was in danger of closing. Eva and her friend stepped in to ensure the group continued to support the older residents of the area.

Through Eva's leadership and dedication Vale of Leven Age Concern membership tripled and a programme of activities was developed to suit members including bus outings, local campaigning work, fundraising for local good causes and an entertainment

programme. Grants were raised from West Dunbartonshire Council, Awards for All and Age Concern Scotland to purchase, furnish and make accessible a caravan at Seton Sands Holiday Park so that members could enjoy a week's summer holiday at a reasonable cost. In 2007 Eva McKellar was named Vale of Leven Citizen of the Year in recognition of her voluntary work. In 2018 Eva is still at the helm of Vale of Leven Age Concern.

Advantage Magazine, 2003



Local Elderly Forums continued to grow in strength and number with support from Help the Aged's **Speaking Up for Our Age** Project. Three national residential conferences were organised bringing members of forums together to share information and practice and two editions of a forums' directory were published comprising listings of older people's forums in Scotland. Help the Aged also produced the Scottish Forum Toolkit and provided start up grants to assist new local forums get off the ground and become established, and the **"NHS 24 Important Information for Older People"** booklet to explain the NHS 24 service. In 2009 the first Scottish Older People's Assembly was held in the Scottish Parliament.

2008

“All Our Futures: Planning for a Scotland with an Ageing Population” report is endorsed by the new Scottish Government. A Scottish Centre for Intergenerational Practice (ScotCIP) is set up to promote best practice and offer support to organisations who want to get involved in intergenerational work, leading to the creation of **Generations Working Together**.

2008

Age Concern Scotland launches two new awards in memory of Jess Barrow and Patrick Brooks, exceptional people who made an important contribution to older people's work in Scotland.

2009

The first Scottish Older People's Assembly is held in the Scottish Parliament to provide a “voice” for older people and an opportunity for older people from across Scotland to debate key issues of interest and concern.

2009

Age Concern and Help the Aged join together to create a new charity dedicated to improving later life for everyone. Soon afterwards Age Concern Scotland is renamed **Age Scotland**.

Dumfries & Galloway Elderly Forum

“I started work with Dumfries & Galloway Elderly Forum in September 1999. It was a small committee of 25 people from across the region that met on a monthly basis. The Forum had a membership of approximately 900 people but wanted to grow the organisation. So we were travelling around providing talks to older people, promoting the idea that they could be involved through the Elderly Forum, and it took off really quickly. Branches were set up, the first I believe was the Machars in Wigtownshire. At the time when I joined I didn't realise how many older people were annoyed or angry or wanting things to change. The pace of growth in membership of Dumfries & Galloway Elderly Forum was quite overwhelming in those days. We had older people representing the Forum at various different forums, committees and discussion groups and that was both at the local level with the local authority, NHS

and third sector, but also at a Scottish level and a national level. We were members of the National Pensioners Convention and they had a big conference, 2-3 days in Blackpool each year and they also had a committee that met we had a representative on that. And as we grew additional committees were set up from within the branches where people with a common interest or expertise would work together.

We had very strong links with Help the Aged. They had the “Speaking Up for Our Age” programme and we benefited from their funding programme. By the time I left in 2007, the Dumfries & Galloway Elderly Forum had 140 active older people within their committees representing a membership of about 3600, they were having their voices heard through different meetings Scotland-wide, UK-wide and locally.”

Morag Halliday
Development Officer,
Dumfries & Galloway Elderly
Forum 1999-2007



Speaking up for Our Age

“My job was to help, support, develop and initiate older people's forums across Scotland. The issues arising from the forums helped inform Help the Aged influencing campaigns. The post meant working with older people's forums across Scotland, from local forums to the many national ones. Help the Aged at that time felt very innovative and exciting. The charity had seen the needs of the growing forum movement and had developed a grant stream to help. When I started there were about 120 forums across Scotland, so there was plenty of direct contact with all individuals from the forums. By 2009, at merger time, there were over 160 forums across Scotland, so you could see the really good development and growth. I think one of the achievements was to actually enable all the local umbrella groups and national groups of older people to speak to one another. The residential conferences were able to bring all the groups together.”

Tara Anderson,
Speaking Up for Our Age
Programme Manager (Scotland)

2011

The Age Scotland Helpline is launched by Nicola Sturgeon MSP, Cabinet Minister for Health and Well-being. In its first year of operation the Helpline takes 12,000 calls from older people, their families and carers.

2011

“Reshaping Care for Older People: A Programme for Change 2011-2021” is published setting out the Scottish Government’s plans for improving services for older people.

2012

Age Scotland Enterprises opens a high street store in Glasgow providing face to face information to customers on insurance products and services for the over 50s.

2012

The 8th World Congress on Active Ageing is held in Glasgow. 1000 scientists, practitioners, older people and representatives from older people’s organisations take part.

2012

The first Luminate Festival takes place – a month long, Scotland wide festival showcasing work by older professional artists, exploring what ageing means to us all and offering opportunities for older people to try their hands at something new.

2010s

LOVE LATER LIFE

Age Scotland membership quadrupled in this period. By 2018 there were more than 1000 community groups and organisations in membership of the charity, providing a huge range of activities, services, friendship and support for their members and the wider community. Age Scotland and many long-standing member organisations celebrated significant birthdays. New organisations were formed including a phenomenal growth in organisations run by men, and providing activities predominantly for men.

In 2012 the first recorded game of Walking Football in Scotland was played at Loanhead promoted by Midlothian Ageing Well. The following year the first Men’s Sheds in Scotland were founded. Walking Football and Men’s Sheds both spread quickly across Scotland helped considerably by the pioneering groups who hosted visits and shared their tips and experiences of setting up and running organisations. By 2018 there were more than 100 Walking



Football Groups and more than 100 Men’s Sheds up and running or getting started. Research studies highlighted the positive impact they were making on men’s health and well-being and on combatting loneliness.

This was also significant time for older people and the arts. The first Luminate Arts Festival was held in 2012. Luminate began life as a project of Age Scotland with financial support from two founding partners, Creative Scotland and The Baring Foundation, and became an independent charity in 2014. In its first five years of operation the annual festival reached 300,000 people across Scotland.

As in previous decades Age Scotland arranged a programme of meetings to bring older people’s organisations together. The meetings provided an opportunity

to share news and developments in older people’s work, discuss matters of common concern, and to engage in policy discussions on topics affecting older people including Reshaping Care, and consultations on transport and social security. Initially regional assemblies were organised, but latterly the pattern evolved into a programme of more local network meetings plus a national conference and awards ceremony. Age Scotland Projects - Looking After You/Body Boosting Bingo, Power of Attorney, Money Matters, Early Stage Dementia, Warm and Well and the Veterans’ Project – all toured the network meetings, and visited individual member groups to cascade information and resources. Many partner organisations also contributed to the meetings giving presentations or providing information stalls.

2013

Age Scotland's "Still Waiting" Campaign calls for the National Concessionary Travel Scheme to be extended to community transport so that more older people in rural areas can use the scheme.



2013

The first Men's Sheds in Scotland are founded in Barrhead, Carse of Gowrie, MacMerry and Westhill opening up spaces where older men can meet, practise woodwork and metal work and build friendships.

2014

The Public Bodies (Joint Working) (Scotland) Act 2014 requires local authorities and NHS Boards to jointly plan integrated health and social care services for adults.

2014

The Scottish Pre-Retirement Council and the Tayside Pre-Retirement Council become part of Age Scotland forming a new training arm in the charity to develop training programmes and services for older workers and their employers.

2014

The Smith Commission is set up following the Referendum on Scottish Independence and recommends new welfare and taxation powers for the Scottish Parliament.



Old Skool intergenerational graffiti project, Luminate and West Lothian Arts Development, 2013 © Eoin Carey

Sit less, move more, and do that in a way that's fun

In February 2014 Age Scotland welcomed Jenny Ackland and Yolanda Strachan, two Allied Health Professional National Consultants to the charity. This was part of a new initiative by the Scottish Government, in particular the Chief Health Professions Office, to create partnerships between the NHS and the third sector.

"With our background in health we have been delighted to grow Age Scotland's vision of a Scotland which supports older people to be as active and healthy as they possibly can be through our



Looking After You workshops for members, our Age Awareness training and our in-house programme to promote activity in the workplace. We are proud to say that Age Scotland now has an annual step count challenge, launched on Older People's Day each year, but perhaps the project which most brings forth a smile of wonderment is our Body Boosting Bingo with the message that we need to sit less, move a little more and let's do that in a way that is fun."

Yolanda Strachan



Looking After You Workshop, at the Voices and Choices conference, organised by Haydays, the Rotary and Age Scotland, St Andrews, June 2016



In 2011 Age Scotland published the "Age Maze" information guide to later life in Scotland. This was to become one of the charity's most popular publications. In response to demand for Scotland specific information guides Age Scotland grew its publications and by June 2018 the charity had produced 60 guides on a variety of topics of interest and importance to older people, their families and carers. Age Scotland member groups helped to get the information to as many older people as possible by displaying copies of the guides in their centres and meeting places, and distributing them at meetings and events.

2015
 Scottish Parliament's Equal Opportunities Committee investigates Age and Isolation – the first formal parliamentary examination of loneliness anywhere in the world.

2015
 14 Walking Football teams gather at Spartans Football Club in Edinburgh to compete in Scotland's first Walking Football Festival. Hibernian FFIT lift the Yvonne Coull Memorial Shield after a thrilling final against Glasgow Life FC.

2016
 Age Concern Orkney becomes Age Scotland Orkney and is Age Scotland's first local brand partner strengthening relationships and joint working possibilities between older people on the Orkney Islands and the national charity.

2016
 Age Scotland member groups across the country take part in dementia awareness training. The training explores the signs and symptoms of dementia, how to live well with dementia, and what member groups can do to become dementia friendly. Age Scotland's Early Stage Dementia Project, funded by the Life Changes Trust, also extends into supporting dementia awareness in the workplace.

2010s 
 LOVE LATER LIFE

Photograph courtesy of Keith Stoker, Ellon and District Men's Shed



Ellon and District Men's Shed's woodturners have been involved in many projects. In 2018 Jock Taylor and team crafted this prayer mat stand for a local restaurant owner.

In 2014 Age Scotland created the new voluntary role of Regional Ambassador

to help strengthen relationships between the national charity and members. Malcolm Wetherill took up the challenge becoming the charity's first Regional Ambassador with a remit for Aberdeen, Aberdeenshire and Moray. Regional Ambassadors also helped to plan network meetings and the national conference, and advised on Age Scotland's grant programmes for member groups.



Malcolm Wetherill meets HRH Prince Charles at a reception for charities in Buckingham Palace, in July 2018.

In 2016/17 with funding from the Scottish Government and Robertson Trust and the help of Regional Ambassadors, Age Scotland distributed over £100,000 in small grants to older people's groups to assist with their activities to combat loneliness and isolation, including grants to Men's Sheds, Walking Football Groups, Lunch Clubs and for arts and learning activities.



Walking Football Festival, 2016

Some member groups organised Christmas lunches linked to the Age UK campaign 'No-one should have no-one at Christmas'.

2017

Peebles Old Folks Welfare Committee and Age Peterhead celebrate significant birthdays. Peebles Old Folks Welfare Committee is 75 years old and Age Peterhead is 50 years old. Both organisations are entirely voluntary run and provide dedicated support, services and activities for older members of their communities.

2018

Scotland's Makar, Jackie Kay cuts Age Scotland's 75th birthday cake at the charity's national conference in Glasgow. 340 representatives of older people's groups and organisations take part in the event.

The conference concludes with the presentation of the 2018 Age Scotland Awards by broadcaster and journalist Jackie Bird.



LIFE EXPECTANCY IN 2018



MEN:
77
YEARS



WOMEN:
81
YEARS

Let's all help eradicate loneliness in our society



“Looking back over the past five years I often wonder where they have gone, but when I look at our workshop and membership it's with a feeling of great pride in what our co-founders and trustees have achieved in such a short time.

It is worth mentioning that none of the founding members had any experience in forming anything like the Barrhead Men's Shed, but with the help of Age

Scotland and other agencies, we have set up an organisation and charity to be proud of. We have faced many challenges over the past five years mainly financial, but we have a dedicated group of trustees who are constantly seeking new ways to raise funds to pay our rent which is quite a substantial amount. Our latest challenge is to find a vacant piece of land and build our own premises. We have started the ball rolling.

All of our members are delighted to be part of our big family unit where we can enjoy the daily

banter and help one another carry out the various tasks in our workshop. Our members are proud and delighted to help the local community, schools and nurseries and retirement homes, but most importantly take time to share, help and listen to our members who are living in social isolation. As one of our widowed members said, 'loneliness is a disease'. Let's all help to eradicate this disease in our society.”

Alex Storrle, Chairman of Barrhead Men's Shed



Acknowledgements

A great many people and organisations have contributed to the making of this publication. People have helped in so many ways: searching archives for documents and photographs to shed light on our history; providing treasured photographs and documents; sharing and recording important memories and experiences; writing content; and carrying out oral history interviews to really bring our story to life. Age Scotland is enormously grateful to everyone who has helped over the past nine months, especially:

Chris Allen
Carole Anderson
Linda Anderson
Tara Anderson
Heather Baillie
Barbara Bennett
Helen Biggins
Emma Bisset
Pat Bree
Tam Bruce
Elizabeth Bryan
Beverley Casebow
Jo Cowan
Eileen Cawley
Arthur Davis
Marjorie D'Arcy
Diana Findlay
George Foulkes
Anne Gallacher
Jennifer Giles
Betty Glen
Jean Glen
Sandra Gow
Tim Green

Margaret Greenhill
Morag Halliday
Eileen Herd
Grace Hodge
Andrew James
Roseanne Jamieson
Helen Jeffery
John McCaughie
Liz McGibbon
Eva McKellar
Mary Marshall
Liz Meenagh
Steven Morton
Charlie Murphy
Maureen O'Neill
Bessie Otterson
Jeanette Pieper
Jean Reader
Lewis Ritchie
Ruth Scoular
Eileen Shand
Helen Simpson
Gillian Skuse
Brian Sloan

Heather Smith
Keith Stoker
Alex Storie
Yolanda Strachan
Jean Taylor
Julia Templeton
Betty Weir

Age Concern
Ayr

Age Scotland
Orkney

Broomlands and
Bourtreehill Age
Concern

Care and Repair
Edinburgh

Dundee Age Concern

Falkirk Age Concern

Glasgow's Golden
Generation

Grampian
50 Plus Network
National Library
of Scotland

Orbiston
Neighbourhood
Centre

Polmont Age Concern

St Winin's
Over 60s Club

Scottish Council
for Voluntary
Organisations

SCRAN

Skye Old People's
Welfare Committee

Thelma – The Living
Memory Association

Vale of Leven
Age Concern





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Love later life

 **heritage lottery fund**
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Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland.

Registration Number: 153343 Charity Number: SC010100
Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.

ISSN 1747-4515