

MSP visits CrossReach care homes in Edinburgh



Having kindly sponsored a Parliamentary reception for CrossReach at which the Moderator encouraged MSPs to visit our services, Jim Eadie took up the offer and dropped in on two of our Edinburgh care homes for older people. At Morlich House, Service Manager Glen Brady showed him the area which has been transformed into a '1950s reminiscence street' including a living room and an authentic post office to help stimulate memories for the residents, most of whom have dementia. Disorientation can be distressing for people who have dementia and for those who support them. One of the ways The Elms has addressed this is by creating themed areas

in the home (beach, garden and transport). These have proved to significantly improve residents' conversation and reminiscence of holidays and interests whilst reducing the sense of isolation and stress. As he left, Mr. Eadie commented that CrossReach provides a valuable service for older people in the south of Edinburgh.

Moderator meets Duke of Edinburgh pupils

The Moderator of the General Assembly Rt. Rev. Dr. Angus Morrison and his wife Marion recently visited Cumnor Hall as part of their tour of Ayr Presbytery. They met twins Anna and Andrew Fyfe, 3rd year pupils at Kyle Academy, who are doing part of their Duke of Edinburgh Bronze Award by volunteering at the care home. Their grandfather Bill Fyfe was a resident in Cumnor Hall until he died a few months ago.



Personalisation Ambassadors start work



The launch of CrossReach Personalisation Ambassadors took place in Perth in January with the first 8 ambassadors. They will begin to familiarise themselves with everything about Self Directed Support and start to work in their own services to build knowledge and confidence in Self Directed Support. By the end of 2018 it's hoped there will be an ambassador for personalisation for every CrossReach service.

CrossReach Counselling 'wants to do more'

A recent report by the World Health Organisation found there has been a 54% rise in prescribed antidepressants for under 18s. Jacqui Lindsay from CrossReach Counselling: Lothians was interviewed about that on BBC Radio Scotland, saying that while antidepressants can help to treat symptoms, the support CrossReach provides is a solution. The counselling service, without having to advertise, is in high demand. Referrals from GPs and other health care professionals have doubled over the past 2 years: "Having taken measures to meet this unprecedented need by recruiting extra qualified volunteer counsellors, our waiting list has been reduced to 2-3 months – but we want to do more. Over the past 10 years CrossReach, through charitable income, has supported the training a significant number of counsellors to obtain a diploma in Children's Counselling, increasing the availability of skilled and trained professional support for Scotland's young people. With many agencies in the Third Sector already providing excellent services supporting young people to overcome depression, it is our hope that the Scottish Government will partner with us so that counselling is available to everyone who needs it."



Cale House celebrates 20th anniversary



In March, Cale House in Inverness celebrated 20 years of providing accommodation for vulnerable single homeless people by holding an 'Open Afternoon' in the service. The service, located in the centre of Inverness, supports up to 22 people. Cale House operates as a 'dry house' where no alcohol or drugs are permitted. Service users are offered occupancy agreements for up to a two year period and during this time are supported to move on into their own tenancies.

PND support study for Highlands and Western Isles

Tessa Haring, former manager of Postnatal Depression Services in Edinburgh, is currently conducting a feasibility study exploring ways which CrossReach could meet the existing and future PND support needs for families living in the Highlands and Western Isles. CrossReach's Perinatal Depression Services have 25 years experience in delivering counselling and support to families in the central belt experiencing the effects of PND. The challenge presented by the geographical population distribution and the travelling time to reach a single central location has led to the study looking to assess the feasibility of using digital technology to provide perinatal support. The study will explore the extent to which Gaelic is the first language spoken in the Highlands and Western Isles and whether offering counselling in Gaelic would be preferable to a solely English speaking counselling service.



The Mallard Makeover!

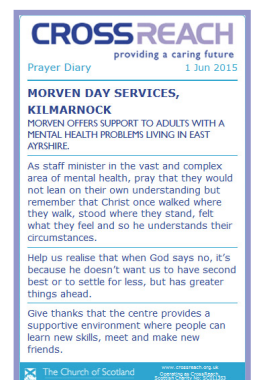
Since The Mallard in Springburn opened in 1995 the sensory room has always been a popular place enjoyed by children and young people. Service Manager Sandy Russell says: "The original sensory room is now 20 years old and was badly in need of a makeover. We invited Spacekraft, a company who specialise in sensory equipment, to provide us with ideas. Last year we completed the first phase of the transformation clearing the room and introducing new and up to date equipment including the LED colour wall that sets the mood of the room. The acoustic soft play plinth incorporating built in speakers that emit vibrations that can be felt by the young people and is ideal for relaxing muscles, stimulates circulation and aids the development of sensory awareness. Phase two of the room will be completed soon and will include a fibre optic carpet and a bubble tube as well as special seating. The reaction by the children, parents and staff has already been very positive – its new layout and equipment provides a larger space and a calm area for the young people to enjoy. We hope the new room will provide as much enjoyment to the young people as the original sensory room."



Has your website got the CrossReach widget yet?

A free 'widget' featuring the weekly CrossReach Prayer Diary is now available for church websites. Following a successful pilot, the resource is now being offered to all churches and will eventually be developed to also include news from CrossReach, job vacancies and the CrossReach shop. CrossReach's Head of Service for Business Development Elizabeth Hay said: "We would be delighted if every Church of Scotland congregation added the widget to their website. Through prayer, our work together can reach and change the lives of those we serve in Christ's name." If you would like to be sent the link to add the widget to your church website, please e-mail:

hugh.brown@crossreach.org.uk



Watch this space! Based on your feedback, from next month we will be providing PowerPoint slides of some of the articles featured in the CrossReach Information Sheet for use on the projector screens at your church. Thank you for supporting our work.

