

## CrossReach Week 2015

*We hear from the Moderator of the General Assembly, Rt. Rev. Dr. Angus Morrison and his wife Marion who spent a week travelling around Scotland learning more about the work of CrossReach...*



### Monday – Stornoway

The week started in Stornoway, where the Moderator had spent 11 years of his ministry: “We heard from Calum McLeod, Manager of Lewis Street Project, which works with homeless people. We also met Donna McLennan from the Dochas Project which caters for individuals alcohol or drug dependency in line with their own needs. We also visited The Shed, an award winning project based at Martin’s Memorial Church which offers a range of services and groups for people in the community.”

### Tuesday – Inverness

CrossReach runs 9 specialist dementia homes and the Moderator visited one of them, Cameron House in Inverness: “We enjoyed the visit from the local Gaelic medium school which has an award winning partnership with the home. The children come in every week and chat with the residents in Gaelic. CrossReach was the first social care provider in Scotland to appoint a Dementia Ambassador in each of its care homes for older people and in the afternoon we heard more about how it’s going to be expanded to learning disabilities services. It’s exciting to see the way CrossReach continues to be a national leader in this challenging but important field.”



### Wednesday – Edinburgh and Hamilton

Dr. Morrison and his wife began the day at Wallace House in Granton which runs a postnatal depression counselling service for individuals and families: “Postnatal depression affects 1 in 6 mothers and 1 in 10 fathers and it was interesting to hear about how the service helps them. In the afternoon we came to the Learning Disabilities National Forum in Hamilton which is largely planned and run by people who use the services. It was clear from the buzz and sense of family that this is a fruitful part of CrossReach’s work. It’s all

about the people with learning disabilities and those who help them working together to achieve positive outcomes.”

### Thursday – Edinburgh and Perth

Charis House in Edinburgh is the main office for CrossReach’s central services: “The day began as it always does with devotions. We then toured the house, finding out about the work of the departments that support the local work of CrossReach such as I.T, accounts and HR. We also had tea with some residents from the care home next door, Queen’s Bay Lodge. Then it was on to Perth where we celebrated 10 years of CrossReach and had the commitment of the service managers who so often go the extra mile.”



### Friday – Edinburgh

“As CrossReach Week drew to a close it was a privilege to welcome to the Moderator’s flat some of those who have benefitted and been blessed from the care provision that CrossReach makes in all its work. It was great to hear the stories of some of the people whose lives have been transformed through the care, compassion and skill shown in CrossReach services. I believe the church needs to get behind the work of CrossReach. In some ways CrossReach is one of the best kept secrets of the Church of Scotland and we need to encourage members to become as involved as they can, through volunteering or giving or in other ways, because this is cutting edge ministry and mission done in Christ’s name and is one of the jewels of our church. So I want to commend to you this marvellous aspect of the church.”

- For more information about CrossReach Week go to: [www.crossreach.org.uk](http://www.crossreach.org.uk)



## CrossReach toasts success at Scottish Care Awards

Congratulations to two CrossReach services in the Scottish Care Awards 2015, held at the Hilton Hotel in Glasgow in November. Balmedie House near Aberdeen was a joint winner of the 'Care Home of the Year' and The Elms in Edinburgh was a finalist in the 'Dementia and Specialist Care Award'. Service Manager at Balmedie House Ann Reid said: "The staff are smiling from ear to ear and are very proud to work for CrossReach. As manager I am proud of the staff team, for their commitment to maintain a high quality of care that has made a positive effect on the lives of the residents. Receiving this award highlighted that they were recognised for their high standards. Gaining top scores from the Care Inspectorate in April was like having a bowl of strawberries, so now receiving the 'Care Home of the Year 2015' award is the cream on top!"



## Alison goes the extra miles for Auchinlee



Alison Millar has raised an incredible £4,000 for Auchinlee home in Campbeltown (where her 'Grandpa' is a resident) by completing a series of physical challenges. Alison ran 2 Kintyre half marathons, cycled the Mull of Kintyre Bike Ultimate 66 mile route and endured a 5 day (31 mile) trek along the Great Wall of China. How did Alison feel after her adventure was over? "Making it to the end in one piece was a huge personal achievement. I was blessed with kind weather on all of my Kintyre challenges. My trek along the Great Wall was superb - the variety of walking we experienced

each day was quite something, plus I met some inspirational people along the way. Seeing the dedication, commitment and patience offered by every member of staff at Auchinlee made me determined to raise as much money as I could to ensure the fantastic service can continue. Every time I visit my Grandpa, I am delighted to see just how much interaction he gets on a daily basis. As a family we couldn't want for anything more."

## Revive and Restore Café

The Revive and Restore Café (or R & R for short) is a volunteer led café located in Coldsides Church in Dundee for those who want to engage or stay engaged in recovery from dependency problems. CrossReach supports the volunteers who work in the café, and our staff also help in the cafe. Cathy Paton from CrossReach Tayside Support Services says that if substance misuse is isolating, then recovery can be about connection: "Those who attend will tell you how important it is to feel wanted and loved and without any judgement. The volunteers will also tell you of the opportunities to discover something new and also how to develop new skills. They say working in the café makes them feel good. An opportunity to give back to the community and perhaps even gain some qualifications at the same time. Remember that Jesus said 'come to me all you are weary and burdened and I will give you rest. Take my yoke upon you and learn from me for I am gentle and humble in heart and you will find rest for your souls.' If recovery means regaining control of some part of your life that has been stolen or lost then the R & R café is where you can find the place do just that."



## Funding boost for Prison Visitors' Centres

The Scottish Government is to make an extra £1.8 million of funds available over the next 3 years for the work of Prison Visitors' Centres. CrossReach runs Perth Prison Visitors' and Support Centre which helps families keep contact with those in prison, which can reduce the risk of re-offending by up to 6 times. Every year 27,000 children are affected by a parent going to prison and almost half of prisoners lose contact with their families whilst serving their sentence. Director of CrossReach Children and Family Services Viv Dickenson has welcomed this cash injection saying: "It will mean that our centre can continue to help families of prisoners."

**The next CrossReach Information Sheet will be towards the end of January 2016**

