

CROSSREACH NEWS

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- 'Your voice should be heard most loudly'
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Listening and learning together

OUR SERVICE AREAS:

- Children and Families
- Counselling and Support
- Justice System
- Homelessness
- Learning Disabilities
- Mental Health
- Older People
- Substance Use

CROSSREACH

Care you can put your faith in

www.crossreach.org.uk

Competition

Where's Buddy

Buddy's back! Explore the pages of CrossReach News and see how many places you can find Buddy for the chance to win a prize. The competition is open to all ages and answers should be submitted by 31st May 2023.

Congratulations to David who correctly answered 11 in our last edition and won £25 for the CrossReach shop!

Please see the website for T&Cs.

Here's number one!



Buddy, Polmont Prison Visitor Centre mascot



To enter go to
crossreach.org.uk/buddy



Prayer Points



Thank God that in life's challenges we are never abandoned. God, our 'Friend', journeys with us! In the work of CrossReach, God journeys too!

Give thanks, for the depth of human care shown towards others in CrossReach projects. May staff know the appreciation of the Church for their work and know deep fulfilment as they extend God's reach into human lives.

Pray for all who work within CrossReach - contracted staff and relief workers - that together a cohesive team is created, driven by the vocation to 'love all' unconditionally.

Pray for the CEO, Viv, and her staff, as they build sure foundations and promote a spirit of togetherness throughout the CrossReach family. In all its service, may CrossReach extend the Love of Christ.

Keith Blackwood,
Board Member

Our Mission Statement

In Christ's name we seek to support people to achieve the highest quality of life which they are capable of achieving at any given time.



Over £2,500 raised!

The Adams House minibus fundraising efforts got a real boost when Adam Perrit ran an ultra-marathon from Glasgow to Edinburgh. Adam, whose mum is the activities co-ordinator in the home, completed the 56 miles run and raised over £2,500. Congratulations and well-done Adam!

An audience of one

Comedian Robin Grainger, who featured on the front cover of our last CrossReach News, made global headlines when he kept the laughs coming even though there was only one audience member at his Edinburgh Fringe show! Robin has since done 40 gigs all over Scotland and England and has even been invited to Norway, Brussels, Amsterdam and Lisbon – all whilst continuing to bring big smiles to his role as a support worker at our Threshold Edinburgh service.



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The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353



www.crossreach.org.uk



Work
with us





Welcome



Viv Dickenson,
Chief Executive Officer

A new year means a new edition CrossReach News! I hope you get as much enjoyment from this issue as we had in pulling it together. What is special to me is seeing the voices of the people we support coming so strongly to the fore to tell us what matters to them and to help us improve services; building a community of learning, shared understanding and a sense of hope

for the future. In challenging times, it becomes even more important to us to draw together as a community and to share comfort, hope and love. I trust that you will continue to feel part of our CrossReach community as you work through some of these fabulous stories and pictures. Your continued support means so much to us all.

Thank you.



Listen & Learn 'World Cafe Events'

At CrossReach, we believe it is very important to always consult with and involve people we support in issues that affect them. As one of our core values, this is lived out on a daily basis in the way we support 10,000 people across Scotland. And now, too, through the new World Cafe Events.



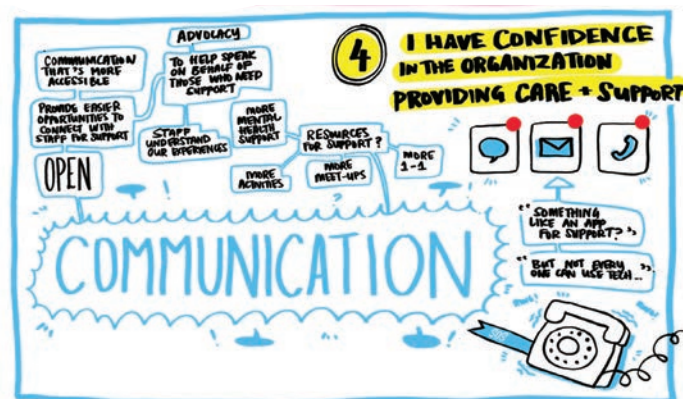
So far, two in person World Cafe events have been held for people who access CrossReach services including family members, carers and staff.

The co-production dynamic enables a coming together of minds and voices as a group of equals, where individuals are recognised as the experts in their own condition and experiences, and their voices help to improve service delivery and provision.

It is hoped that similar events will take place on a regular basis to encourage co-production as the norm and not the exception.

Our Participation and Involvement Group are encouraging more people to get involved with the events at all levels of the organisation.

During the discussions, an artist drew a snapshot of the discussions in a visually engaging way, have a look! ■



→ Living the dream!

Substance Use
Glasgow



Pictured: Phillip Root (center) with Mum, Mairi Root and manager Malcolm Mackay before the 2022 SSSA ceremony.

→ **Living the dream! What does that really mean?** The answers are likely to be diverse and varied and for many, 'the dream' is a living reality, that is a grasp or two out of reach. However, for Philip Root, his life is the testimony of an actualised dream. Phill, who now works as a support worker at our Whiteinch Move-On service was announced as a finalist for the 2022 Scottish Social Services Awards (SSSA) Bright Spark in Social Care category, an incredible career

achievement within the social care sector. The path of Phill's journey has taken him through experiences of homelessness, prison, addiction and the eventual recovery that led him towards a new life.

When asked about his work, Phill said with refreshing humility, "I'm one of the lucky ones. Some people have jobs - I've found my purpose and I'm living the dream every day". Phill's knowledge and life experience have placed him in the best position to support others: "I work with people in homelessness and people with alcohol and drug use. I came from these services. I came through this service myself.

When I'm working with somebody that I'm supporting there's very little they could say to me that I haven't experienced myself".

The SSSA ceremony was held in November 2022, and while Phill did not win the award, we all beam with pride for his accomplishments. ■



National Care Service Bill update

In our last edition John McDonald shared his thoughts on the National Care Service Bill which is currently making its way through Parliament. The Scottish Government are now keen to hear from people who currently use care services, have used them in the past or who work in them. This will help to shape the Bill and make it as good as it can be. Find out more about the Lived Experience Experts panel, here and have your say: bit.ly/ncsgetinvolved

Are you a person who wants to make a real difference in people's lives?

Are you looking for a new career, a part time job or a flexible role, that offers security, great benefits, and a supportive team environment? Then we can provide the support and training you need to make an impact in social care.

As one of Scotland's largest social care charities, we offer care to people in need of a helping hand, supporting them to live life to the full whatever their circumstances. Our team comes from all walks of life. Some have worked in care all their lives, others join us from unrelated jobs or straight from school. Join us, and you'll be part of a supportive like-minded team, who are there for each other as well as the people in their care.

We offer support to gain free SVQ professional qualifications, and great benefits including health care, a generous company pension scheme, plus numerous other rewards designed to show how valued you are. Working for one of Scotland's largest voluntary

We offer support to gain free SVQ professional qualifications, and great benefits including health care

social care charities, you'll also be able to develop your career within our network of services across the country. And with a range of full and part time roles available, we're sure to have an exciting opportunity near you.

To find out more and apply, please visit:

www.crossreach.org.uk/careers

or contact:

recruitment.team@crossreach.org.uk



Follow the QR code to find out more





Connected and Caring: Recovery Walk

➤ Paisley town centre was host to the Scottish Recovery Consortium's annual Recovery Walk Scotland, welcoming around 4,000 people from all over the country.

The theme was 'Connected and Caring' and CrossReach service users, staff and volunteers travelled from



Inverness, Perth and Glasgow to be part of it. Keynote speaker, MSP Angela Constance, said "the Recovery Walk is a visible

demonstration that recovery is happening every day, in every part of Scotland." At the Recovery Village, CrossReach joined with other health and social care providers showcasing services, making connections and enjoying time together. ■

"It made me appreciate my recovery and made me want to continue my journey." – John



Revving up nostalgia



➤ R W Thomson Memorial Fellowship Annual Rally took a special detour on their route by driving past Clashfarquhar House in Stonehaven. Explaining the detour, Neil Smith, Fellowship librarian said, "We felt that it would be nice for the residents to see cars that they would, perhaps, remember from earlier in their lives. Nostalgia is a great thing, and it is something that

all ages can enjoy. Seeing older people's reactions as they remember cars, and by association holidays and happy memories, is wonderful". Mr Smith expressed that "Clashfarquhar is such a prominent building in Stonehaven and there are very few local families that have not had association with it since it reopened as a care home in the sixties". ■

Prisoners Week Scotland 2022

➤ The theme was 'A Story of Grace'. The week celebrated transformation and we took the opportunity to share the thoughts and experiences of those who use and work in our services.

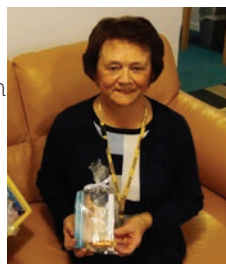
Polmont Visitors Centre manager, Sasha Groves, attended the launch service and called it 'thought-provoking and challenging' highlighting Jill Clancy, SPS Chaplain's reflection on the Bible story of the bleeding woman who was healed by touching



of the bleeding woman who was healed by touching

Jesus' cloak. "The isolation, stigma and trauma she experienced is echoed in the experience of individuals and families who end up in the justice system"

We also heard from Lilian, a volunteer at Perth Prison Visitor Advice & Support Centre who said: "I take home as much joy from the Centre knowing I have helped someone when I am there. If I had known about the Centre I would have been in ages ago!"

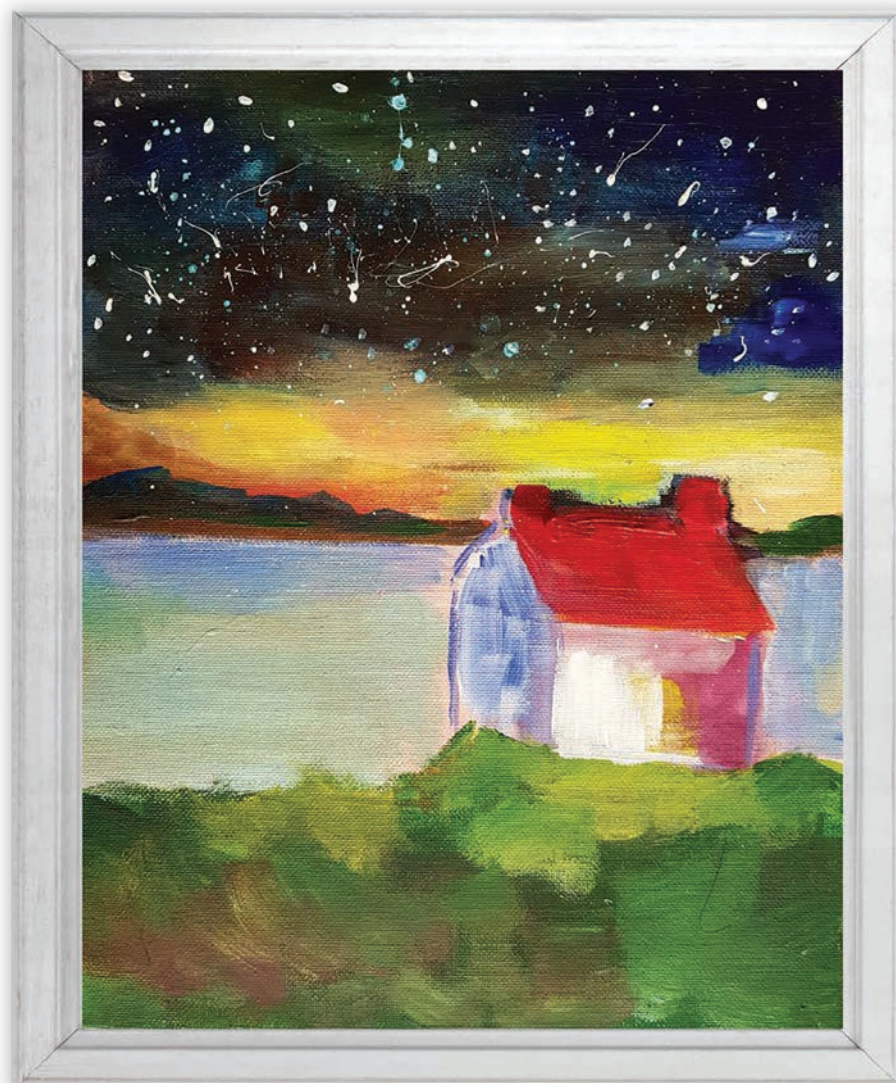


£10 could buy quality books for a parent to read with a child over an online prison visit.

The Dick Stewart service, supported accommodation for ex-offenders in Glasgow, shared two hope filled personal accounts from gentlemen whose lives were transformed through learning, reflection and relationship. ■



Heart for Art exhibition – Heart for Art at home



New exhibition

Getting creative with dementia
Across Scotland

The most recent exhibition, Heart for Art at home, displays work created by residents in 4 of our dementia care homes and one day care service. The breadth of talent never fails to amaze and brings joy not only to those who have created the artwork but also for everyone who looks at it.

Families of residents at Williamwood House, Glasgow, were so delighted with the artwork they suggested creating their own Heart for Art calendars. The calendars were sold as a fundraising initiative, raising not only money but also the profile of the talent within the home.

Taking the Heart for Art session into the care homes also earned the service a shortlisted place in the Luminate Creative Ageing Awards held by Luminate Scotland.

Dunfermline group opened

The Heart for Art groups continue to grow in numbers with a new session being opened in the city of Dunfermline. Held in the Abbey Church Hall, the group is open to anyone in Dunfermline living with a diagnosis of dementia. There are also future plans to open another group in the Morningside area of Edinburgh. ■

If you have a relative who may enjoy exploring their creative side and would like to meet with others in a relaxed and friendly environment contact [Paula Pinda](#), service manager on 07553 365802

➔ When the Moderator visited Adams House he was presented with a unique piece of artwork entitled 'Starry night'. The painting, featured, was created by resident Mr. Louis McBride, a participant in the Heart for Art sessions.

The Heart for Art service provides free creative art sessions for those living with a diagnosis of dementia and is a

safe space for families and carers to participate alongside their relatives, or just take the chance to have a cuppa and a chat with those in a similar situation. Each session also has a dementia specialist present.

A unique feature of the Heart for Art service is the online exhibitions showcasing the amazing talent of the artists. Created in response to the restrictions placed during the Covid 19 pandemic, the online exhibitions continued to allow the artists to share their work with friends, family and the wider community in a similar way to the in person exhibitions held before this time. Participants were able to continue to produce artwork with the art packs that were sent into homes and CrossReach dementia care homes.



£50 could help facilitate a therapeutic art session for people living with dementia.



Online gallery





Thank you for praying for CrossReach



Get the App



My name is Brenda Fraser and I work for CrossReach, I have responsibility for 7 care homes for older people.

During the time that I have worked for CrossReach I have been very conscious of the power of prayer. Whether that has been in our corporate meetings, with staff before they start a shift, or with residents, the power of prayer has been very evident. It's good to know that at CrossReach you can openly share your faith with your colleagues.

The other great encouragement has been the knowledge that so many

other people are praying for us and take the time to find out about our services. Many have commented on the value of the Prayer Diary – it is all very well to pray generally, but it is good to pray specifically and know that God hears and answers these prayers.

I am pleased to commend to you the Prayer App, it will surely help us to do as Paul commanded us, to pray continually. Though some people will not be able to support us practically or financially, everybody can support us prayerfully and become prayer warriors on behalf

of CrossReach. We know that we offer our prayers to him who can do far more than we even dare to ask or imagine.

So use the Prayer App, and become a prayer warrior, and see the difference it makes in the lives of the people we serve.

Hold your phone camera to the QR code, tap and you will be taken to a page where you can watch a video of Brenda as well as download the app. You can also contact us (see page 2) for a free copy of our printed Prayer Diary.

Birthday cakes at Clashfarquhar

Care home
Aberdeenshire

Birthdays at Clashfarquhar House in Stonehaven are one of a kind. Relief staff member Hazel has been bringing joy to the residents' faces by baking birthday cakes, tailored



to their interests. Ian, who turned 80 last year, was presented with a cake of himself doing what he loves most – watching Emmerdale with a cup of tea. Manager Tracy Bimpson said, 'That's just him!' ■

Working together for Recovery

It's been great to get out and about again, with our Substance Use Services attending a number of events recently. These included the Recovery Oriented Systems of Care (ROSC) and Elevate Community Networking Events in Glasgow, both their first face-to-face meetings since lockdown.



These events are an opportunity for groups and organisations who have an interest in Recovery pathways to work together under one roof. ■

Substance Use
Glasgow

Black and White Images

A photograph eternalises a moment, a memory and serves as a tangible freeze-frame of time – something which is of great worth to those living with dementia. A few months ago, residents at The Elms care home in Edinburgh showed their best smiles during a professional photoshoot with photographers, Peter Lawson and David Meikle. Each resident was gifted a framed photograph of their image, and digital copies to be shared with their loved ones. We are grateful to Peter and David for their generosity and kindness. ■

Dementia
care home
Edinburgh





'Not enough people know the good that is done

The weather may not have always been kind during this year's visits, but the welcome from each of the services visited by The Moderator was hearty and warm, giving first hand insight to the transformational services offered by CrossReach.

Beginning with our Daisy Chain Early Years Project, the three-day tour included visits to services from all CrossReach Directorates.

At the end of the tour, Rt Rev Dr Greenshields noted his whole-hearted recommendation of CrossReach and you can hear directly from him by holding your phone camera up to this QR code.



Moderator's message



Daisy Chain Early Years Project



Daisy Chain Early Years Project is a service with a deep and unique insight into one of the most diverse and complex communities in Scotland. Situated in Govanhill, it supports families facing the challenges of poverty and inequality of opportunity, overcrowding and housing.

The 2022 CrossReach Employee Awards

The 2022 CrossReach Employee Awards was held in Apex Grassmarket Hotel, Edinburgh on 1 November, concluding this year's employee awards events, where the finalists and winners were presented with their trophies.

Master of Ceremonies Jason Leitch, praised the dedication, commitment and achievements of the CrossReach workforce family:

'I want to say a huge congratulations to all of you. As I shared at the virtual event there were

over 100 nominations received so the fact that you have been selected as finalists is a huge achievement...It's fantastic to see people who are so dedicated to developing not only their own practice but sharing that passion and support to develop others.'

The Moderator said: 'This has been a proud and humbling day for me to be surrounded by people who, day in day out, go out of their way to show care, compassion, love and give support and energy to folks'



through CrossReach' Rt Rev Dr Iain Greenshields

Adams House



Adams House, a specialist dementia care home: all residents including those who have advanced dementia and complex dementia, continue to be key, valuable members of society with a real contribution to make.

Cunningham House



Cunningham House, supportive hostel accommodation for people who are homeless: Residents are met 'where they are at in their own journey' and the service flexibly and creatively supports each individual at their own pace, to address their support needs.

Tom Allan Centre



Offering high quality, donation based General Adult Counselling, and Perinatal Counselling through our Bluebell Perinatal Counselling Services. CrossReach is one of the few organisations in Scotland to offer more than short term counselling sessions of therapy on a donation basis – ensuring that inability to pay is no barrier to access high quality therapeutic support. See page 11 for more.

Whiteinch Move On Service, Glasgow



People are supported to access stable accommodation, connect to communities and to build their life skills through consistent, trauma informed genuine care. This small service goes the extra mile to provide a safe space where people are shown practical love and can experience and find hope.



'Your voice should be heard most loudly'

➔ Claps and cheers marked the opening of the CrossReach Learning Disability Services National Forum as customers from across Scotland assembled together for the first time in 3 years.

The Celebrating Achievements Day got underway with the Church Moderator suggesting everyone got rid of his long title



Viv Dickenson said "The National Care Service will bring a huge change in social care, and there's a very important way you can help. Parliament is saying we want people who use social care services to tell us what they need for the future. You're more important, you're the people who use



for the day and just call him Iain. He delighted the gathering when he told them he had been born in Drumchapel, Glasgow, even receiving a round of applause, but failed to impress with his admission of supporting Partick Thistle!

"It's great to see all of you here today and it's great to feel the enthusiasm that's here, to see all you guys taking such an important part in this."

Viv Dickenson, CEO and Vic Walker, Director of Adult Care Services, were both interviewed by customers Margaret and Russell who posed some challenging questions including where they saw CrossReach in 5 years' time. In both replies, the advent of the National Care Service and what it would mean for social care was highlighted.

the services, and your voice should be heard most loudly."

The morning was finished off with a moving performance by The Makaton Choir signing "It's a Wonderful World" and was followed in the afternoon by crafts, music and pampering. A great day was had by all! ■



£100 could allow our Little Marvels group for children with complex needs to meet for a week

CrossReach School Careers Day creating a network of opportunities

➔ Spirits were high at Erskine Waterfront Campus (EWC) as the Scottish Fire Service delighted young people with an impressive display of their life saving equipment – "The hose is so powerful it knocks you off your feet!"

With a diverse selection of agencies in attendance, including the SSPCA, HMRC and Invest in Renfrewshire, young people were offered advice and information on potential futures at this year's Careers Day.



Emma Heaney, Employability mentor at EWC, shared the success story of a student who attended last year's careers event:

"The Navy attended with a STEM (science, technology, engineering and math) van and a range of people in different roles, one was a female medic. Our student was able to talk and hear from someone who knew first hand and since leaving EWC in the summer, started a nautical college course at Glasgow which she will do for a year and then join up to be a medic in the Navy!"

Building on community relationships and extending a welcome to other schools in the area, Erskine Waterfront Campus is creating a network of opportunities for the children and young people to take part in to aid the transition from school to work.

Feedback from other schools that joined in has been extremely



encouraging too, with one commenting that 'many of our pupils had meaningful conversations with the exhibitors that will hopefully help them plan their future careers.'

Attended by nearly 300 children and young people, the second EWC Careers Day demonstrates how CrossReach services are committed to the values of The Promise, by developing the young workforce of the future. ■



60th Anniversary of Glasgow Counselling Centre



➔ The Rev Tom Allan, a prolific advocate of social outreach, founded the Tom Allan Counselling Centre in partnership with the Board of Social Responsibility of the Church of Scotland in 1961 as a response to the growing social troubles of the Glasgow of his day. The centre was initially an alcohol rehabilitation centre.

Now known as the Tom Allan Centre, the CrossReach service has continued to change and adapt to the continuing social challenges faced by the surrounding communities. It offers donation-based counselling to adults and perinatal care to those expecting a baby or with a child under 3. The Bluebell Perinatal Service and Crèche was founded in 2006.

Between April 2021 and March 2022, the Centre has supported approximately 400 families and individuals.



The 60th anniversary of the service was marked during the Moderator's Time. He visited the Tom Allan Centre for the first time in many years and reflected that "It rightly is not the same. It's different, it's relevant and it's meeting the needs in and around Glasgow." ■

400 
families & individuals
supported in a year.

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ADDRESS.....

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Please complete the correct options:

☐ Please contact me as I want to find out more about leaving a legacy to CrossReach.

☐ I wish to make a gift of:
£.....
to CrossReach and enclose a cheque

I wish to make a regular donation to CrossReach of:

£.....
☐ monthly or ☐ annually

*giftaid it
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your support!*

Boost your donation by 25p of Gift Aid for every £1 you donate.

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year at no extra cost to you.

I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to CrossReach. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

GIFT AID SIGNATURE..... DATE.....

Post to: CrossReach, Charis House, 47 Milton Road East, Edinburgh EH15 2SR.

Any questions about donating, please call **0131 454 4374**

or go to our website where you can donate online at <https://www.crossreach.org.uk/crndonate>



We take the security of your personal information extremely seriously and have in place appropriate physical, technical and organisational measures to protect the personal information we have under our control, in both electronic and paper form, from improper access, use, alteration, destruction and loss. We will keep your information for the purposes for which it was given and will not keep it any longer than is required to fulfil these purposes, unless required to do so to fulfil statutory obligations. Full information at www.crossreach.org.uk/privacy-policies



Supporting people in Scotland to live life to the full

At CrossReach we offer loving care to people of all ages who are in need of a helping hand, supporting them to live life to the full whatever their circumstances. We aim to show the practical side of our Christian faith by reflecting Christian love to those we support.

The Church of Scotland's Social Care Council is accountable for the work of CrossReach.

We have been at the forefront of high quality social care for over 150 years. During that time we have worked hard to understand the needs of the people who turn to us for help and with them have been pioneering

services which have literally changed thousands of lives for the better.

Today we are one of the largest care providers in Scotland, with experience across a broad range of services.

"I'm in awe of the wide range of lives that you touch, especially where you strive to bring love, care, dignity and respect to folk who are sometimes marginalised by society"

Regular donor and Member

Our services include...

- ➔ Residential **care and education** for looked after children
- ➔ Residential care, short breaks and activities for young people living with **disabilities** and long term complex health needs
- ➔ One-to-one **counselling**, and **perinatal counselling** for parents
- ➔ **Play-based** interventions for children under 8
- ➔ Accommodation and support for **ex-offenders**, and support for **prison visitors** in Perth and Polmont
- ➔ Accommodation and practical support for those facing **homelessness**
- ➔ Residential care, at home support and day opportunities for young people and adults with **learning disabilities**
- ➔ Accommodation and support for **mental wellbeing**, including local groups
- ➔ Care for **older people** from day support to respite care and residential care homes
- ➔ **Creative arts** groups for people living with **dementia**
- ➔ **Substance use** recovery including residential rehabilitation, move on accommodation, and support for families

Explore all our services at www.crossreach.org.uk

➔ 70 locations across Scotland

"I always feel like they support my whole family more than even they understand." —Supported Person

➔ 1,700 employees

"I can now see a future ahead for me and will forever be grateful to CrossReach" —Service user at Whiteinch

➔ Caring for 10,000 people daily



Become part of the CrossReach Family by setting up a regular gift



Create a lasting legacy by leaving a gift in your will.



Call 0131 454 4374 or scan