

Corporate Power, Human Impact: Help Change, Save and Transform Lives



Are you looking for a meaningful way to give back while strengthening your business's reputation? Partnering with CrossReach is more than just corporate social responsibility— it's an opportunity to make a lasting difference in people's lives.

We'd love to discuss how your business can get involved in a way that aligns with your values and goals. Get in touch today to explore the possibilities!

Everything You Need To Know About CrossReach



CrossReach is one of Scotland's largest social care providers, delivering life-changing support since 1869. As the social care arm of the Church of Scotland, we support over 30,000 people annually. We have been at the forefront of supporting individuals facing challenges such as dementia, addiction, mental health struggles, homelessness, and learning disabilities.

We work to ensure every individual has the opportunity to thrive—emotionally, physically, and socially—regardless of their circumstances. Rooted in compassion and expertise, we're committed to building stronger, more resilient communities across Scotland.

By partnering with CrossReach, your business becomes part of a legacy of care that strengthens communities and transforms lives.

Everything You Need To Know About CrossReach

Social issues covered by CrossReach

We are a Scottish charity that supports various social issues, primarily focusing on helping vulnerable individuals and communities. Some of the key social issues we address include:

- 1 Mental Health**

CrossReach offers services for people experiencing mental health challenges, providing support through counselling, therapy, and mental health services to improve well-being.
- 2 Addiction**

We provide support for individuals struggling with addiction, offering counselling and rehabilitation programs to help people recover and rebuild their lives.
- 3 Homelessness**

CrossReach provides housing support for individuals who are homeless or at risk of becoming homeless. We help individuals find stable housing and support them through the transition process.
- 4 Children & Family Support**

CrossReach offers support for care-experienced children and those with additional support needs, a specialist school, residential houses, short-breaks, family counselling, and assistance for families facing crisis situations.
- 5 Elderly Care**

We offer services to support older adults, including residential care, day care, and assistance for elderly people with dementia or physical disabilities.
- 6 Disability**

CrossReach works to improve the quality of life for individuals with disabilities, offering support and services that promote independence and well-being.



These initiatives align with our mission to provide holistic and compassionate care to individuals and communities facing difficult circumstances, no matter where they are at in life.

Guide to Fundraising at Work

Why fundraise for CrossReach?

1

Make a real difference in people's lives

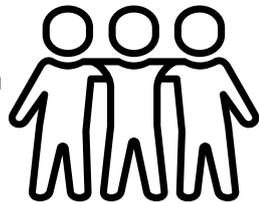
Every pound raised helps someone feel safer, more supported, and less alone. Fundraising for CrossReach directly contributes to improving lives in your community.



2

Build team spirit and morale

Fundraising activities like bake sales, fun runs, or dress-down days create a sense of camaraderie and shared purpose among colleagues, boosting morale and strengthening teamwork.



3

Have a Tangible Impact

Unlike larger, global charities, donations to CrossReach go straight to frontline services in Scotland. Your team can see the real, local impact of their efforts – whether it's supporting a child in care or helping someone recover from addiction.



4

Promote a Caring Workplace Culture

Fundraising shows that your organisation values social responsibility and compassion. This enhances your company's culture and reputation, especially with employees who care about making a difference.



5

Raise Awareness of Social Issues

Many people aren't fully aware of the scale of issues like loneliness, poverty, or mental health struggles in Scotland. Fundraising for CrossReach helps shine a light on these problems and encourages ongoing support.



6

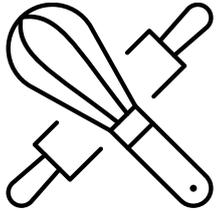
Easy and Flexible to Get Involved

CrossReach offers support for workplace fundraisers – from downloadable resources to event ideas – making it simple to get started, no matter your office size or schedule.



Guide to Fundraising at Work

Fundraising ideas to do at work



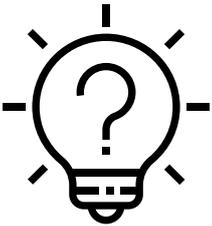
Bake Sale or Coffee Morning

Set up a cake table or coffee corner and invite staff to bring in homemade (or store-bought!) treats for donations.



Dress Down / Dress Up Day

Ask staff to donate to wear casual clothes, or pick a fun theme (e.g. tartan day, 80s fashion, superheroes). A small donation from each participant adds up fast.



Workplace Quiz

Host a lunchtime or after work quiz in person or on Zoom. Charge teams to enter and offer a small prize. You can even include fun facts about CrossReach to raise awareness.



Raffle or Tombola

Ask local businesses or colleagues to donate prizes. Sell raffle tickets throughout the week and draw winners at a team meeting or event.



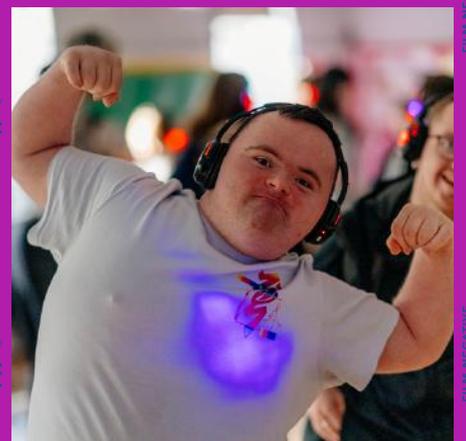
Lunch & Learn

Invite a CrossReach representative (or show a short video) during lunch break. Combine it with a donation appeal or themed lunch.



Payroll Giving or Monthly Match

Encourage ongoing donations through payroll giving. See if your company will match employee donations for extra impact.



FILM NEGATIVE

FILM NEGATIVE

FILM NEGATIVE

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Other Ways of Fundraising

Take on a challenge!

CrossReach has a great portfolio of different challenge events that you can be a part of! From the Kiltwalk to Edinburgh Marathon Festival to Inflatables Runs, all at various distances, we have something for everyone of every ability!

Why not get your friends and family on board, build a team and take on a challenge together. Whether you want to run, walk, cycle, abseil or do your own thing, setting a challenge is a great way to have fun and raise funds for our vital work while doing it.

If you would like to know more or avail of one of our charity places on one of these events, get in touch with our fundraising.



0131 657 2000



fundraising@crossreach.org.uk



Ways to Support CrossReach as an Organisation



Volunteer Days

Give back, build bonds, and make a difference—staff volunteer days are a fantastic way to support your community while boosting team spirit and wellbeing. Whether it's a few hours or a full day, your time can change lives.

Sponsorship or Prize Donations

Be part of something meaningful—whether it's a raffle prize, a gift voucher, or event sponsorship, your support helps us raise vital funds and bring our community together for a cause that matters.



How Your Support Helps

£5



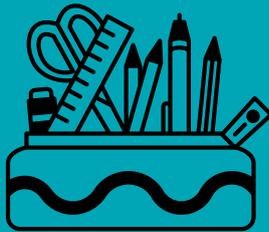
could help fund a weeks supply of tea & coffee in one of our counselling services

£10



could buy a cooking pot & utensils to use over an outdoor campfire for outdoor learning

£25



could allow a child affected by their parent's substance misuse to take part in activities to build self-esteem and confidence.

£50



could cover the cost of a 1-hour counselling session for someone at rock bottom who doesn't have the means to pay for the support they need.

£100



enables a new mum to leave her baby safe in the hands of our trained creche workers while she has her counselling sessions

£500



enables someone in recovery from addiction to access the counselling support they need to succeed.

How to Donate

Now that all the hard work is done, it's time to put those vital funds raised to use within our CrossReach services. You can make your donation by bank transfer using the details below:



Bank Name:	CrossReach
Sort Code:	80-41-21
Account Number:	00227186
Ref:	Spring Fling

You can also send a cheque or cash to the following address and we will process it.

**Fundraising and Engagment,
Charis House,
47 Milton Road East,
Edinburgh,
EH15 2SR**



All funds raised and donated will go directly to our services who need it most to continue to support those already using the services as well as to expand and reach those who need us.

Case Study 1

Laura's Journey to Healing and Strength

When Laura, a mother of two, started counselling, she was emerging from psychiatric care and facing the weight of trauma, anxiety, and a premature birth. Over 19 sessions with our Bluebell Counselling, she found a safe space to prioritise her needs, process grief, and rebuild confidence.

Initially reluctant to focus on herself, Laura gradually embraced self-care and emotional expression. A turning point came when she felt ready to move her daughter into her own room—symbolising her growing strength. Tools like brown noise and calming imagery supported her journey.

Despite ongoing struggles with guilt and asking for help, Laura made profound progress—her distress levels dropped from severe to mild, and she reported greater emotional stability, stronger family relationships, and increased confidence in her parenting.

Her own words capture the impact best:

"I feel ready to end therapy. Today feels like the right day."

"This has been one of the most helpful therapies I've had."

Laura's story highlights the life-changing impact of compassionate, person-centred counselling.

Case Study 2 Harry's Story

Harry is just 8 years old, yet his childhood has been profoundly shaped by violence and fear. Growing up in a home overshadowed by drugs, alcohol, and domestic abuse, Harry's early life was chaotic and dangerous. By the age of 4, he had already witnessed a stabbing in his home. His father's violent behaviour and his mother's inability to seek help left him living in constant fear. As his parents' relationship fell apart, Harry became emotionally volatile, distrustful, and even violent towards his peers.

When it became clear that Harry was unsafe at home, he was placed into foster care. But the trauma he carried was deep, making it difficult for him to adjust, leading to further instability. What Harry needed was more than just a roof over his head—he needed a place where he could heal and rebuild trust.

Harry found that place at CrossReach. Here, compassionate staff provided him with the stability, structure, and care he so desperately needed. Through patience, play, and shared activities, Harry began to feel safe enough to open up. Slowly, the walls he had built around himself started to come down.

Today, Harry participates in house activities, builds real friendships, and is thriving in an environment designed to nurture his potential. His journey from fear and distrust to hope and healing would not have been possible without CrossReach's work.

Case Study 3

Leila's Story: Journey of Safety and Self-Worth

When Leila, a mother of two, referred herself to counselling with support from her Health Visitor, she described feeling emotionally overwhelmed—particularly towards her five-year-old. Her youngest was 2.5 years old. Parenting had become increasingly difficult, especially after having her first child during the COVID lockdown, which left her isolated and emotionally drained.

Therapy began with a safety plan and building a support network. Her counsellor worked closely with the Health Visitor, who arranged a doctor's appointment and a home visit, leading to help with reapplying for more suitable housing. Leila was placed on the internal risk register to monitor her well-being and ensure her children's safety.

In sessions, Leila explored the roots of her rage and guilt, often centred around her older child. Anxiety and the long-term effects of lockdown had left her unable to attend groups or socialise. Counselling offered a safe, empathetic space to unpack deeper wounds—low self-esteem, unresolved trauma from immigrating as a teen, strained family ties, and the emotional toll of leaving her father behind.

She disclosed frequent intrusive thoughts of self-harm, though with no intent to act. Her initial CORE-34 score of 26 reflected high distress. Living conditions added to her stress: a single room shared with her partner, children, and extended family, all using one kitchen and bathroom. Despite this, Leila remained committed to change.

"Increased courage, self-knowledge, self-compassion. Space to care for my needs. In tune to how I am feeling more."

Case Study 4 Finding Peace After Birth Trauma: Emily's Story of Healing and Confidence

Emily, a full-time secondary school teacher and first-time mother, was referred to Bluebell by her Health Visitor. At the time, she was caring for her five-month-old daughter, Ada, born prematurely due to preeclampsia. The sudden and medically complex birth experience left Emily traumatised. She frequently experienced flashbacks of her newborn in an incubator, haunted by the image of her "wired baby." These intrusive memories were coupled with intense guilt—she feared that her work stress had contributed to her condition and Ada's early arrival.

Counselling began by establishing a supportive and structured environment. Together with her therapist, Emily set clear therapeutic goals: to process her birth trauma without becoming emotionally overwhelmed, reduce anxiety, and build confidence in asserting her needs. Emily began to reimagine a more balanced life. She started incorporating small but meaningful acts of self-care—enjoying a warm coffee or taking pleasure in an evening skincare routine. These moments helped her reconnect with herself and the present, easing her anxiety.

With each session, Emily's confidence grew. She began to set small but firm boundaries, such as adjusting the baby's room temperature despite family opinions. These steps empowered her as a parent and as an individual. She no longer felt guilt for accepting help and found peace in knowing that some things—like her birth experience—were beyond her control.

My baby girl is so joyful and I'm bonding with her so easily. I didn't imagine how counselling could really help me—but it did!"



£10

could pay for comforting welcoming refreshments for families



Christina's Wish List

Christina, our Head of Counselling services has been with CrossReach for 10 years.

"We are seeing clients presenting with more trauma and levels of severity than ever before. Last year we supported over 2000 families struggling with addiction, depression, anxiety, trauma and abuse.

It costs over £2.3 million each year to fund our counselling services. Your support can be a lifeline to a mum, dad or child in their darkest moment, a remarkable opportunity to help your family, friend, neighbour or someone you may never meet.

Thank you so much for your support and for giving hope to families.

Christina



£90

could fund a 1 hour session with an expert counsellor, giving someone the tools to process and thrive



£12

could buy a Binnie the baboon, a toy which gives children a way to cope and express themselves



£150

could buy the art equipment to provide art therapy sessions to help children deal with traumatic experiences



£25

could provide 1 hour of creche with a skilled practitioner so the parent can focus on their counselling session



£810

could fund a course of counselling sessions to help give hope to someone at breaking point



Contact CrossReach to get involved



CROSSREACH

Care you can put your faith in

Katie Flockhart

Donor Relations Manager



07350421701



katie.flockhart@crossreach.org.uk



www.crossreach.org.uk



47 Milton Road East, Edinburgh, EH15 2SR



Together, we
enhance lives,
change lives
and save lives.



The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No SC011353

CROSSREACH

Care you can put your faith in

Join us.
Give hope.
Be the change.

Email fundraising@crossreach.org.uk
to get involved today!



The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353



CROSSREACH

Care you can put your faith in

Extra Resources



The Church of Scotland

Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

Care and Education

We have provided residential care and education for children and young people for over 50 years and we know that with the right support, they can heal, grow and succeed.

Last year we supported over 140 children and young people in reaching their full potential

Erskine Waterfront Campus: Helps young people with additional support needs reach their full potential in a nurturing environment

Children's Houses: Providing a stable, caring home for children and young people. Our homes include emotional support & well-being support, helping children and young people develop resilience and confidence

Supporting young people transitioning into adulthood. GO2 provides tailored mentoring and life skills support to help young people gain independence and confidence for their future



Building brighter futures, together

Mental Health

We provide expert support to over 28,000 people across Scotland facing challenging situations or at breaking point. Our unique whole-family approach gives hope to families impacted by mental health, dementia, disability, poverty, and homelessness to name a few.

DID YOU KNOW?

CrossReach supports over 2000 people each year through expert one to one counselling

We have specialists supporting people through abuse, trauma, addiction, depression and anxiety

We are seeing more people with severe levels of trauma than ever before

It costs over £2.3m per year to run our counselling services, providing over 18,000 sessions

We operate 13 Mental Health services across Scotland including Glasgow, Edinburgh, Moray and Inverness

We believe there is no health, without mental health



Older People

At CrossReach we have been pioneering the care of older people for decades, with particular emphasis on dementia care.

We provide specialised care for individuals with dementia through a range of services designed to improve quality of life and support both the individuals affected and their families.

Approximately
90,000 people in
Scotland are
living with
dementia.

What we offer:

- Residential Care
- Day Services
- Art Therapy
- Support for Families
- Community Based Support
- Specialised Programmes &
- Initiatives



“ I feel safe
I feel able to do what I want ”

In addition to residential and day services, CrossReach has implemented several initiatives to enhance dementia care.



Heart for Art

We know from research and our own experience that creativity stimulates conversation, aids concentration and even improves memory retention. With pencil or paintbrush in hand, we see people with dementia expressing themselves freely and finding new ways to communicate.



Dementia Ambassadors

We were the first social care provider in Scotland to appoint a Dementia Ambassador in every one of our care homes and services for older people. These ambassadors promote best practices, support colleagues, and serve as points of contact for families and carers.



Dementia Clinics

We host dementia clinics in all our dementia care homes and services. They are run by our specialist dementia team, who are on hand to offer advice to staff, answer questions and provide training for families on caring for a loved one with dementia.



Playlist for Life

An activity that uses music from a person's life to keep them connected to themselves and their loved ones. Music has a unique ability to bring back feelings and memories, manage mood and emotions, strengthen relationships, and reconnect families.



Namaste

A programme which focuses on sensory stimulation, from the gentle touch of a hand massage or being surrounded by bubbles, to using aromas that stimulate memories or aid relaxation.



**CrossReach operate 17
Older People services
all across Scotland**

Oomph! Exercise Classes

We partner with a social enterprise called Oomph! to provide exercise classes to music for residents with dementia, aiming to improve mobility, communication, mental well-being, and confidence.

When memories fade, love remains -
CrossReach is here with care that never forgets.

Addiction & Recovery

CrossReach provides specialised support is for individuals and their families at any stage of their recovery journey, offer support for those facing homelessness as well as those impacted by the Justice System.

Recovery Services

Support is available for individuals at any stage of their recovery journey, offering confidence building, coping skills, and relationship improvement. Confidential support at Beechwood House (Inverness), CrossReach (Glasgow), and Simpson House (Edinburgh) to address substance use and related challenges

Residential Rehabilitation

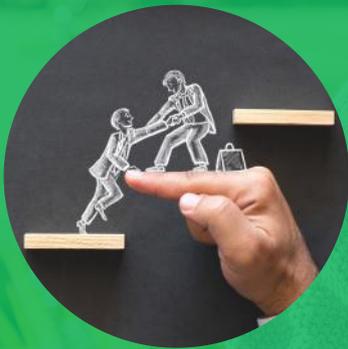
Safe and structured rehab programs which provides transitional housing with structured activities, education, and work placements. There is also home support which helps individuals stay in their homes by providing practical support and social activities

Sunflower Garden

Services like Sunflower Garden provide specialist counselling and art therapy assist children and young people affected by family substance dependency

Homeless Move On support

Transitional housing services (Cale House, Cunningham House, and others) provide assistance with health, relationships, budgeting, and housing applications



Disability

We provide expert support to over 30,000 people across Scotland facing challenging situations or at breaking point. Our unique whole-family approach gives hope to families impacted by mental health, dementia, disability, poverty, and homelessness to name a few. **We are here.**

In 2024, CrossReach supported over 500 people with disabilities at our range of services for children, young people and adults

We provide specialist educational support to children with learning difficulties, at our Erskine Waterfront Campus

Our little Marvels group in Glasgow gives children with disabilities and their parents, space and time to bond and grow together

Our Threshold services in Glasgow and Edinburgh provide day opportunities and support at home to adults with a learning disability

We see ability, not disability

