

CROSSREACH NEWS

In this Edition...



Recovery Volunteer Graduation



A Royal Visit



New Service Coming Soon

New Beginnings

OUR SERVICE AREAS

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

CROSSREACH

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www.crossreach.org.uk

→ Welcome

Brilliant beginnings, playful beginnings and the beginning of a new build. At a time where the national news is full of concerns about the financial situation, and the impact on services delivered by the NHS and Social Care, it is a real pleasure to be able to share with you some stories about investment and what it means for the future.

Making good investments of time, talents and finance can lead to great things being achieved and gives a renewed sense of purpose. In this edition of CrossReach News you can read about how we are investing in the early years so that children get off to the best start in life. You can also learn about end of term at our Erskine Waterfront Campus as it heralds new beginnings for some of our older pupils, setting out on the next step in their adult lives.

We continue to be amazed and inspired by the skills and talents shown by our Heart for Art artists, many of whom took up painting only recently as a new hobby. We also look forward, with much anticipation, to the opening of our new Highlands and Islands Residential Recovery Centre in Inverness which will expand the service available to support those affected by substance use in that area.

As you read through these stories, I hope you can see the impact that your own prayerful and financial investment has had. Thank you for continuing to walk alongside CrossReach. Your support matters and it makes a meaningful difference, every day.

Viv Dickenson
CEO, CrossReach



Viv Dickenson pictured with Mark Graham. Mark attends our Day Opportunities Service

→ Prayer Points

- Give thanks and praise for the way that God is changing lives through the work of CrossReach. Thank God for the love that he has shown to us and that we are able to share with all we come into contact with.
- Pray for the most vulnerable members of our society who come to CrossReach for help. In situations that are very dark, pray that the light of Jesus will shine brightly to bring hope and take away fear.
- In the context of a challenging public funding climate for Social Care, pray for those individuals and their families who are affected by changes to services. Pray that those who have to make difficult decisions about finances will be guided by wisdom and compassion.
- Give thanks for all the staff who have recently joined CrossReach. Pray that they will feel a sense of welcome and belonging to their teams, and that they will be well supported in their new roles. Pray that current vacancies will be filled and that the right people will be drawn to come and work with us.
- Give thanks for all those who donate, fundraise and support the work of CrossReach in other ways. Pray that more people will hear about the work of CrossReach and be inspired to get involved too.



Rev Douglas Hamilton
Vice Convener

→ CrossReach Counselling

Counselling provides a confidential space to explore difficult feelings or experiences. It can be done by talking, but it can also be done through play or artwork. The key is to respond to each individual. CrossReach offers one-to-one counselling for adults as well as children and young people people, workplace counselling, and perinatal counselling and therapy. Support is available in Edinburgh, Glasgow, Inverness and Moray and through online support means. Last year CrossReach were able to deliver 17,300 counselling sessions. Here are some of the things our clients told us about their experience.

My counsellor has guided me with so much care and intelligence through our sessions. I've learnt a lot about myself, and it's been an invaluable support and emotional during the first year of my son's life. The staff in the crèche have been amazing. So kind to me and my son, I trusted them implicitly

Brilliant turnaround in my daughter and incredibly helpful to me when I've been struggling - invaluable help in understanding autism.

He was my therapist at Tom Allan Centre and was genuinely a life saver. came in feeling depressed and suicidal and he helped me overcome my feelings and deal with them in a positive manner. He helped me understand that these emotions don't need to overwhelm me and that I can acknowledge them without drowning in them. He provided me with a safe space to talk about the abuse I had received.

He has helped me so very much, and continues to help me get my life, my thoughts and my emotions into some kind of order. He truly listens to me and understands where I am coming from. I am truly grateful for him.

I have been able to completely change my perspective and feel more positive. I am hopeful about life and my relationship with my children with my counsellor's help. I feel more able to face challenges and feel more like myself again.

It was great for them to have somewhere she could talk out with the school or family. I notice a big difference in her and our relationship. We can now talk about her mum and she says things like mum used to do that. It's been much better especially recently. I always knew if she wasn't talking to me at least she was seeing you. You've done wonders thank you.

If you would like to find out more about the counselling services available from CrossReach visit our website or contact the services directly.

CrossReach Counselling Inverness
inverness.counselling@crossreach.org.uk
01463 718 069

CrossReach Counselling Moray
moray.counselling@crossreach.org.uk
01542 835 751

Simpson House Counselling and Recovery Service, Edinburgh
simpsonhouse@crossreach.org.uk
0131 225 6028

Tom Allan Service, Glasgow
tomallan@crossreach.org.uk
0131 332 1535

Bluebell
bluebell@crossreach.org.uk
0141 221 3003

Perinatal East
pnd@crossreach.org.uk
0131 538 7288

Sunflower Garden
cc.east@crossreach.org.uk
0131 220 2488



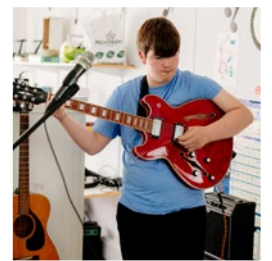


Brilliant beginnings and excellent endings celebrated at awards ceremonies

Pupils at Erskine Waterfront Campus were celebrated this summer for the “brilliant beginnings and excellent endings” to their academic journeys at this year’s award ceremonies.

At the school, young people are offered enriched learning experiences based on their strengths, skills and interests, using a relational and attachment focused approach.

The school, which currently supports 30 children with additional support needs, aged between 8 and 18, held three special awards ceremonies to celebrate the achievements of this year’s pupils.



This year’s prize giving was full of pride for the great work carried out by staff to support pupils to reach their full potential. All six classes had examples of pupils reaching for, and exceeding expectations both in personal development and academic achievement.”
Kyle Fleming, Headteacher

Summer fun at Daisy Chain

Summer can be challenging for families, especially with fewer free activities available. The Daisy Chain Early Years Project in Glasgow stepped up with a free, fun and engaging summer programme that kept everyone entertained.

Each day began with older siblings enjoying an hour of “outdoor nurture” in a nearby green space. They played games, had tree swings, hammocks, slack lines and nature crafts, which offered a refreshing break from the urban buzz of the city. Meanwhile, younger children participated in the “Come and Play” group, freely moving between a big hall and an outdoor area, making the most of the unpredictable Scottish summer weather. After the morning activities, everyone gathered for a healthy snack, followed by a lively song.

Throughout the week, The Daisy Chain also hosted “Play in the Park” events, connecting with the broader community and reuniting with families who have used the service before. The summer wrapped up with the annual Play Day event, where the service invited a host of community organisations to celebrate its summer of play. With this year’s theme

being Farm, everyone in attendance also learned the difference between hay and straw!



A royal visit to Sunflower Garden

We were honoured to welcome His Royal Highness The Duke of Edinburgh to Sunflower Garden this spring. His visit provided an opportunity to show the work we do and the difference it makes in the lives of the children and families we support. Since opening in 2003, Sunflower Garden has been dedicated to helping over 150 children and young people each year with services offered from Simpson House in central Edinburgh and in more than 40 schools across the city.

During his visit, The Prince met with some of our young clients and was able to see the positive impact of the work. His acknowledgment of our efforts was deeply appreciated and highlighted the importance of what we do. As one professional shared,

Sunflower Garden is one of my first ports of call in a storm. When a child has had traumatic experiences due to problematic alcohol and substance use, it is invaluable. I don't think there are any other services that do what Sunflower Garden does and do it so well too."

In response to increasing needs in Edinburgh, the service has expanded its offerings to include Counselling, Art Therapy and Play Therapy for children facing various challenges. These new additions meet a vital need in the city and allow Sunflower Garden to continue providing essential services. One young person reflected on their experience:

The best thing about my support is that my counsellor is such a great and amazing help to me. I had no hope at the start; I thought nothing would change. She really got me through my hard stages, and I feel better than ever. Thank you."





Recovery graduates celebrated

Through our Recovery Volunteer Training Programme, people who have completed rehabilitation and recovery from substance use in CrossReach services learn new skills and techniques to help others in earlier stages of recovery.

The graduation ceremony from the programme is a key occasion in the CrossReach calendar. This year, we celebrated 22 graduates at a ceremony in Glasgow which was attended by friends, family, CrossReach staff and external partners.

The feelings of joy, excitement and pride were tangible to everyone who came along: graduates, their loved ones, special guests and staff. Each story shared on the day was a touching reminder of how the support provided, transforms lives.

It's the same support that our graduates plan to extend to people in challenging circumstances as they step into their new roles. One graduate said:

I feel really good actually, I'm proud of myself. I haven't achieved much in my life due to 20 years active addiction so I'm really proud of myself. I'm really happy to be here."



A special moment at the Church of Scotland General Assembly

It was truly special to be joined by the Threshold Glasgow Makaton Choir at this year's General Assembly of the Church of Scotland. The choir delivered a beautiful and memorable performance of the hymn "Be Still for the Presence of the Lord".

The Threshold Glasgow Makaton Choir explores creativity and expression communication through sign language and music. The choir, which meets weekly in Glasgow, had prepared for weeks to bring their unique rendition of the hymn to the Assembly stage. Gradually, voices in the room joined in creating harmonies as the music played on. As the final notes of the hymn faded, the audience responded with a standing ovation, acknowledging the powerful impact of the performance. The Moderator of the General Assembly concluded the moment with "That commissioners, is ministry and mission right there". The choir's performance not only demonstrated

their musical talents but it was also an opportunity for members (of the choir) to showcase their passion and confidence, which for many members has developed through time and participation in the group.



New Highlands and Islands Residential Recovery Centre Nears Completion

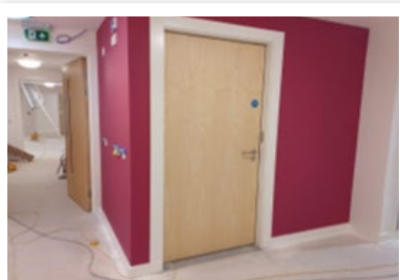
A major redevelopment project that will increase residential rehabilitation capacity across the Highlands, Western Isles, Northern Isles, and into Moray is nearly complete. The initiative, supported by a £2.4m Scottish Government Rapid Residential Rehabilitation Capacity Programme fund grant, awarded to CrossReach in April 2023, was established as part of the national Drug Mission to address what has been described as a national emergency.

The Highlands and Islands Residential Recovery Centre is due for completion mid-October, when the work of welcoming the first people into the service will begin. The build is moving very quickly, thanks to the great work of our Contractor (IBI), Architect (CRGP) and Craig Gowan, our Estates Officer.

We have been greatly supported by our Lived and Living Experience Reference Group whose members are all graduates of the CrossReach Peer Volunteer Programme. They have contributed to final designs, colours and the layout within the building. Thanks to all partners who have welcomed this input, we are seeing the value and benefit brought by those with direct experience.

Along with Val Bell, service Manager, the reference group has turned its attention to the day-to-day running of the service, focusing on the needs of the people who will use the service e.g. daily structure and therapeutic input.

Moves have also been made to recruit staff for the new service and members of the Reference Group have also worked with Val in recruitment of senior staff and as we move forward will be involved in support staff recruitment too.



It is great to see this project progress so quickly and with such harmony across all partners. I would like to express my thanks to all involved including the Scottish Government for their continued support and encouragement.”

Carol Brackenridge,
Crossreach Head of Service – Substance Use



High School students make an impression at the Elms Care Home

Over two days, The Elms Care Home in Edinburgh was filled with the sounds of piano and saxophone music, and conversations as two high school students completed their work experience. Each day, their presence brought both joy and valuable insights into the lives of residents.



I realised the importance of memories... despite their past not being remembered by themselves, their stories live on in those who surrounded them".
Mylo, a student

It was nice to feel young again speaking about their school days."
A resident

Deputy Manager, Ashley Reid praised the students for their open mindedness and impact:



It was wonderful to see them engaging with residents, talking and listening to their stories. Their youthful energy brought a new lease of life to the home."

Beautiful art exhibition impresses

A special exhibition, showcasing some of the great artwork from Heart for Art members, was enjoyed at Govan and Linthouse Parish Church this summer.

The exhibition was attended by The Moderator of the General Assembly of the Church of Scotland, Rt Rev Dr Shaw Paterson as well as The Moderator of Glasgow Presbytery, Rev Prof Roger Sturrock. Both were presented with a special painting on the day.

Some excellent work was on display at the event, which was open to members of the public to come in and see.



Heart for Art is about promoting creativity, self worth and achievement for people with dementia. It was great to see the dedication and commitment of staff and volunteers as well as the fabulous exhibition of artwork. To spend time with so many people involved in the project was special as was sharing in the joy of the artists."
Rt Rev Dr Paterson



Well-being hub brings new joy to service

A great working environment is not just about the physical building. It's the support you receive, the culture within the organisation and friendships you build with those around you.

Following discussions between senior management at Williamwood House and the Health and Social Care Partnership about staff well-being during COVID-19, the well-being hub was created.

During COVID-19, the home used an empty bedroom as a safe space to reflect and breathe during or after shifts. This worked so well that it was decided by all members of staff that a permanent space would be greatly beneficial to the team.

The hub was a focal point as the home recently celebrated their Staff Well-being Week. With endorsement from Williamwood House's Well-being Champion, the Service Managers purchased equipment and hired a massage and beauty therapist for the day to give mini treatments to staff.



Having the management, ancillary staff, care staff, admin staff & cooks all being creative together in that relaxed environment was so nice... there was such a great vibe throughout the whole week and the time out sessions allowed us all to get to know a bit better the person and not just the colleague!"

Joanna, Activities Co-ordinator

Aberdeenshire staff share what they enjoyed about their jobs

In June, we took some time to pay a visit to some of CrossReach's Aberdeenshire services and chatted to staff about what working for CrossReach means to them. We spoke with Lauren, a care assistant at Balmedie House, which offers residential care for older people. She said: **"I've always liked caring; it's helped me with my social skills; it's helped me grow. I like looking after people, knowing that they can achieve things that they might not be able to do at home or on their own."**

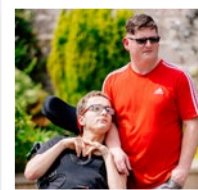
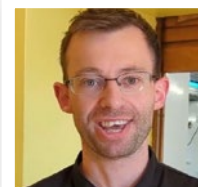
When visiting Clashfarquhar House, a care home for older people, in Stonehaven, we spoke with carer Fran. She told us how helping the residents made her happy. She said: **"I love quite a lot in my role. I love seeing [the residents] happy in the morning when they're all dressed and ready to go downstairs and they're just feeling happier about their self. I feel fulfilled with the job then."**

There are many facets to caring for people within the sector and ensuring that meals are nutritious, tasty and enjoyable is one of them.

We spoke with Scott, a chef at Bellfield, our care home in Banchory. Scott has been working at the home for a little over three months and he told us: **"It's a good place to work. It's friendly and a nice place to be. CrossReach will support you. I've just been off for a couple of weeks on paternity leave. When I started, they gave me that, so that was nice of them to help me out a bit."** Scott said a highlight of his job was cooking a variety of dishes for the residents. He said: **"It's nice to have different days and different themes. I like to ask the residents what they like to eat. It's a variety, they like their home cooked foods, but I also like to add some variety."**

Finally, we stopped by The Bungalow, our purpose-built care home for adults with profound and multiple learning disabilities, in Stonehaven. We met John, a senior care worker, who told us about the exciting opportunities working in care presents. He said: **"There's lots of training in the beginning and there were lots of opportunities to go and do medication training too. These things that you learn, you can take that further afield. By doing this job, later on in life, a person could become a nurse, a doctor or a physiotherapist."**

If you think CrossReach might be the place for you to work, there may be positions available in your area. Visit the jobs page on the website to find out more.



→ Thank You

You might remember Andy, who bravely shared his story about his struggle with mental health after an abusive childhood. Andy wanted to help end the stigma around mental health and share the progress he has made after receiving counselling from CrossReach. We have a message from Andy...

"I contacted CrossReach after a hard time in my life about a year and a half ago and since then I've come onwards and upwards. The help and support I received from CrossReach all across the board was fantastic, I can't thank them enough. I've done the kilt walk to repay the favour and to raise money. I thought if I could raise enough money to pay for one counsellor and one session for somebody, I've done well. I raised £734 which blew my mind away. After that CrossReach approached me and asked if I would share my story. I thought yeah – good idea. It's a hard choice but I'll do it'. I've always said if I could help one person I've done well.

So, I shared my story online, and I could not believe that two years ago this face couldn't raise a smile and now it raised £100,000 all thanks to you for your donations, supporting CrossReach. It means a lot to me and it means a lot to them and I thank you all very much."



Thank you to every single person who donated, liked and shared Andy's story. Your support, raising £100,000 means we can be there for more families and give them hope.

Become a member

By setting up a regular gift to CrossReach, no matter how much or how often, you will be helping us to save and change even more lives. That also makes you a part of our amazing CrossReach family.

In return for your support, you will receive:

- A special gift of recognition when you sign up and badges at milestones throughout your time with us.
- Updates on how your donations are being put to use and the impact you are having.
- Exclusive invitations to our events.
- Discount and priority access to merchandise including Christmas cards, calendars and so much more.

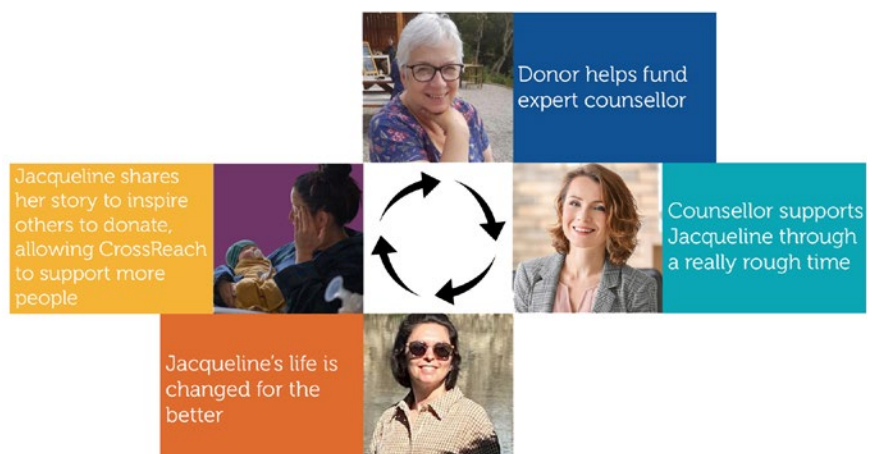


To become a member or find out more visit www.crossreach.org.uk/become-a-member or get in touch via email or phone. fundraising@crossreach.org.uk / 0131 657 2000

How Your Support Helps

Your support can help fund activities, resources and expert support in our services. Together we can enhance, change and save lives. Please consider supporting the work of CrossReach.

www.crossreach.org.uk/supportus



Guild project

We are delighted to once again partner with the Guild. It's a relationship built on love, strength and action and over the next 3 years, we will be building stronger families together through our Daisy Chain and Perinatal counselling support with creche.

Daisy Chain and our Perinatal Creche Support provide exactly the type of support families in challenge situations need, to ensure foundations are as strong as possible. This exciting partnership has the power to improve quality of life, relationships between parents and infants and improve mental health, giving hope and change a child's future

To find out more about this project, visit www.crossreach.org.uk/guild



➔ Save the date!

We are excited to announce that this year's carol concert will be held on 5th December at the gorgeous Glasgow Cathedral. Tickets will be released soon – Keep an eye on our Facebook page for more information and be sure to get yours before they sell out!



You can also register your interest by scanning the QR code or by contacting: events@crossreach.org.uk / 0131 657 2000



Adult Services

Justice Services

- Dick Stewart Service (Glasgow)

Homeless People

- Cale House (Inverness)
- Cunningham House (Edinburgh)
- Kirkhaven Project (Glasgow)

Learning Disabilities

- Eskmills (Edinburgh)
- The Bungalow (Stonehaven)
- Threshold Edinburgh
- Threshold Glasgow
- Threshold Support Services – Housing and Residential (North and South Lanarkshire)
- Threshold Support Services – Community and Short Breaks (North and South Lanarkshire)

Mental Health

- Allarton (Glasgow)
- Gaberston House (Alloa)
- Morven Day Services (Kilmarnock)
- Lewis Street (Stornoway)

Substance Use Services

- Beechwood House (Inverness)
- Dochas Housing Support (Stornoway)
- CrossReach Abstinence Recovery Service (Glasgow)
- Rankeillor Initiative (Edinburgh)
- Tayside Support Service (Dundee)
- Whiteinch Move on Service (Glasgow)

Older People Services

- Adams House (Elderslie) – Dementia & Heart for Art in the Care Home
- Balmedie House (Balmedie)
- Bellfield (Banchory)
- Cameron House (Inverness) – Dementia
- Clashfarquhar House (Stonehaven)
- Cumnor Hall (Ayr) – Dementia & Heart for Art in the Care Home
- Heart for Art, Broughty Ferry
- Heart for Art, Carluke
- Heart for Art, Carluke – Carers
- Heart for Art, Edinburgh (Morningside)
- Heart for Art, Edinburgh (Charteris Centre)
- Heart for Art, Galashiels
- Heart for Art, Garelochhead
- Heart for Art, Glasgow (Broomhill)
- Heart for Art, Kirkcudbright
- Heart for Art, Musselburgh

Children and Family Services

Looked After Children (7 small residential houses)

- Carraig View (Port Glasgow)
- Dumbrook House (Strathblane)
- Finniescroft Farm (Lennoxton)
- Millmuir Farm (Gargunnoch)
- Mount Pleasant (Dalry)
- Rockwood House (Beith)
- The Old Lodge (Stirlingshire)

School for complex Additional Support Needs

- Erskine Waterfront Campus

Children With Disabilities

- Short Breaks & GO2 (Glasgow)

Community Services / Early Intervention

- Daisy Chain Early Years Project (Glasgow)
- Perth Prison Visitors Support and Advice Centre
- Polmont Prison Visitor Centre

Counselling, Support & Training

- Specialities: Perinatal; Children and Young People; General Adult; Addiction Recovery and Workplace Counselling.
- Bluebell Perinatal Counselling Services (Glasgow)
- Counselling & Recovery (Edinburgh)
- Perinatal East (Edinburgh)
- Confidential Conversations (Nationwide)
- Sunflower Garden (Edinburgh)
- Tom Allan Service (Glasgow)
- Bluebell Perinatal (Glasgow)
- Moray Counselling (Moray)
- Inverness Counselling (Inverness)

- Heart for Art, Perth & Kinross (The Tryst)
- Heart for Art, Stonehaven
- Heart for Art, Dunfermline
- Morlich House (Edinburgh)
- Oversteps (Dornoch)
- Queen's Bay Lodge (Edinburgh)
- South Beach House (Ardrossan)
- St Margaret's House (Polmont) – Dementia & Heart for Art in the Care Home
- The Elms Care Home (Edinburgh) – Dementia & Heart for Art in the Care Home
- The Oasis Garelochhead
- Walter & Joan Gray Care Home (Shetland)
- Walter & Joan Gray Day Care (Shetland)
- Whinnieknowe (Nairn)
- Williamwood House (Glasgow) – Dementia & Heart for Art in the Care Home

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