

Still time to support 'The 3 Formers' abseil!



There's still time for you to support the team of CrossReach staff and friends who will be abseiling 150 feet down the iconic Forth Bridge on Saturday 27th May, including 'The 3 Formers' – Very Rev. John Chalmers, Rt. Rev. Dr. Russell Barr and Peter Bailey, CEO of CrossReach.

Dr. Chalmers, who retires from his post at the end of the Assembly, said: "This is the day after my last General Assembly as Principal Clerk and I need something to replace the thrill of the debate!"

I also care passionately about the work that CrossReach is doing in Christ's name across the whole of Scotland and I'd be thrilled if you would support our team with a donation. Your donation could make all the difference to a young mum suffering from postnatal depression or a young man suffering from addiction."

The abseil, organised by the Rotary Club of South Queensferry, raised over £103,000 last year for good causes and CrossReach (which is taking part for the first time) hopes the money raised will make a difference to the lives of many people using services such as the Daisy Chain Early Years Project and CrossReach's range of counselling services. Donations for the team can be made at: just.ly/Cross-Reach

Eurodiaconia seminar held in Glasgow

Eurodiaconia is a network of Christian organisations involved in social care across Europe. It brings together members to share practice and impact social policy. Recognising the priority mental health currently has on the political agenda in Scotland as well as CrossReach's expertise in the field, Eurodiaconia decided to hold its first seminar on mental health in Langside Parish Church, Glasgow. CrossReach's Morven Day Services, Tom Allan Centre and Bluebell Perinatal Depression Service presented their work to the network, including innovative developments such as Confidential Conversations, a service to help employers support the mental health of their workforce, and a new initiative to bring expert counselling support to remote communities via the internet.



John Macdonald, Business Development Adviser for CrossReach said: "We also heard from projects in Denmark, Germany and the Czech Republic, and benefitted from the insights of Prof Peter Kinderman, President of the British Psychological Society and professor of Clinical Psychology at the University of Liverpool."

Collecting stamps can change lives!

Collecting stamps and other treasures is an easy and fun way to change lives in Scotland. Many of the CrossReach projects you support depend on donations. Stamps and collectibles can be an exciting and sustainable way of supporting these projects. The sale of a large bag of stamps can raise enough money to cover a counselling session for a parent in need, or cover the cost of an interactive play session between a parent and a child. The sale of a collectible of value can keep a hurting family together. Here's how to collect and prepare UK and foreign stamps, both current and past issue:

- Trim to between 4mm and 8mm thickness of border around each stamp
- Please do not soak stamps off paper
- Separate foreign and UK stamps

Rare stamps and collections can also be of high value, as can coins and postcards that are no longer in circulation. Please post your items to:

**CrossReach,
Charis House,
47 Milton Road East,
Edinburgh. EH15 2SR.**



Moderator visits Balmedie House

As part of his week travelling round Gordon presbytery, the Moderator of the General Assembly Rt. Rev. Dr. Russell Barr dropped in to see Balmedie House near Aberdeen, a care home for older people which has been operated by CrossReach for more than 60 years. Dr. Barr said: "During my year as Moderator I have visited many CrossReach projects and centres and have been greatly impressed by so much of what I have seen and heard. Having been awarded Care Home of the Year in 2015, Balmedie House is an outstanding example of the quality of care provided by CrossReach. It was a pleasure to meet Ann Reid, the home manager, to share in the opening devotions, to open a new summer house and to enjoy an excellent lunch with Bill and Dennis."



The previous day, the Moderator had hosted a challenge event at Kemnay Golf Club where 36 intrepid golfers headed out onto the course where they enjoyed a couple of hours of spring sunshine and then another couple of hours of hail storms! The golf challenge raised more than £500 on the day for CrossReach with further donations to follow. The Moderator said: "Everyone deserved a medal for braving the wintry conditions and supporting CrossReach." Crispin Longden, Supporter Development Manager for CrossReach,

added: "It is perhaps apt that the winning team hailed from the village of Balmedie since Dr. Barr is visiting Balmedie House, a CrossReach service which offers residential, respite and day care facilities for older people." The golf challenge raised more than £500 on the day with further donations to follow.

Sweet Reminiscence at Cumnor Hall in Ayr

There was a recent buzz of excitement in Cumnor Hall (CrossReach specialist residential dementia service) at the opening of its new sweetie shop! 'Andrew's Auld Fashioned Sweetie Shop' opened on 6th April in memory of a son of a previous long-serving manager, with a view to enabling residents to engage in practical reminiscence. It will also provide an opportunity to redevelop skills in money recognition. Opened by Andrew's mother Janis and Margaret, a resident, the shop is planned as a resource to help unlock memories from yesteryear. It's already promoting good conversations and laughter. Who would have thought buying a quarter of mint humbugs could be so powerful!*



It's widely recognised that the impact of sharing stories and demonstrating activities previously enjoyed is particularly significant for individuals who have lost or are losing their short-term memory. Reminiscence can provide a sense of belonging, worth and general wellbeing and this is what the team at Cumnor Hall continue to develop. The home would like to thank everyone who made this project possible by donating of their time, resources and skills free of charge: Russell Paton (joinery), Scott McPike (painting and decorating) and RMC Double Glazing (window).

***The shop is not for profit and any charge will be to cover basic costs.**

Download your copy of CrossReach News!

Issue 2 of CrossReach News in 2017 will be available from the middle of May. In this edition you can read about how befriending can help build bridges with families, follow 'Darren's Journey' from a life of substance misuse to now helping others, and 'Me and My Job' features support worker Natalie Moran from Threshold Glasgow. You can download CrossReach News at: www.crossreach.org.uk/resources-0. And if you would like to be added to our free mailing list to receive future editions, please e-mail: bdd@crossreach.org.uk

