

July 2020

CrossReach Information Sheet

A new Board for CrossReach

CrossReach has said thank you and farewell to the 25 members of the Social Care Council along with those from other Councils and Committees of the Church of Scotland who had traditionally had a seat at the table, many of them who had served for a good number of years and who have pledged to remain stalwart supporters of CrossReach.

The new Board met for the first time last month, led by Rev Thom Riddell as convener and Mrs Sarah Wood as Vice Convener, and were welcomed to their new roles.

For the full list of board members visit: www.crossreach.org.uk/about-us/trustees

Continuing vital counselling services through training and digital technology

CrossReach took the opportunity during Volunteers' Week last month to recognise the incredible contribution made by their volunteer counsellors. March 2020 saw all nine CrossReach Counselling Services closing their doors due to COVID19, having to find a way of moving to an online/remote platform, previously not undertaken by any of the services.

Over 100 volunteer counsellors signed up to continue to work remotely with their existing clients, and potentially new clients going forward, and undertook extensive training to allow them to work remotely and safely.



To read the full story visit: www.crossreach.org.uk/news/recognising-the-invaluable-contribution-of-our-volunteer-counsellors

Pre-lockdown CrossReach had over 1,200 counselling clients in therapy or on waiting lists. With the temporary closure of premises and the need to quickly adapt to delivering counselling online and by telephone CrossReach applied to the Scottish Government Wellbeing fund.

CrossReach was successful in their application, being awarded £99,240 towards the cost of using live technology. By providing this lifeline, clients can continue to express themselves, explore their feelings, work through difficult life experiences and develop coping strategies essential for healthy development.

Cale House getting creative during lockdown



Cale House in Inverness have kindly been gifted a range of craft materials by Tesco and some members of Muir of Ord Church of Scotland. Colouring books, colouring pencils, jigsaws, board games and cards have proved to be very popular with residents; encouraging creative activities during this difficult lockdown period and putting a smile on the faces of the receivers.

To learn more about Cale House visit:

www.crossreach.org.uk/our-locations/cale-house

Looking to share ideas on local social care and outreach projects? The Social Care Forum is your one-stop-shop for social care resources. Visit: www.socialcareforum.scot/

Volunteers' Week 2020

Last month was Volunteers' Week and CrossReach thanked the many individuals who each bring their unique talents and skills to a range of roles across the services, making a real difference to the lives of the people CrossReach support.

One such volunteer is Derek who has been volunteering at The Bungalow in Stonehaven for a few years now. Derek keeps the grounds and garden beautiful for everyone to enjoy and has recently been driving staff to and from work. He is also instrumental in the production of "The Bungalow presents Strictly" as the sound engineer and guest judge 'Bruno'!!



For information on volunteering with CrossReach visit: www.crossreach.org.uk/support-us/volunteer

Mental Health resources

There are a number of online spaces filled with tips and advice on maintaining good mental health during self isolation.

Further details: www.crossreach.org.uk/find-service/children-families/counselling



Host a Virtual Grey Cake Coffee Morning

As we all continue to live with the impact of COVID-19 and having to maintain social distance, is there someone you wish you could chat with over a cup of coffee and piece of cake? Holding a Virtual Grey Cakes Coffee Morning is a great way to connect with your friends and loved ones whilst helping CrossReach to continue to support those who are coping with mental health and wellbeing issues, made all the more difficult by COVID-19.

You can get as creative as you like; share your recipes and compare versions of the same cake.

More information: www.crossreach.org.uk/virtualgreycakes

For more ways to support CrossReach visit: www.crossreach.org.uk/support-us

Hatching a plan over at Oversteps

Residents at Oversteps care home in Dornoch have been enjoying some new arrivals. Having hatched in the home these cheeky goslings have been settling in and putting smiles on the faces of many.



Prayer Points

Week beginning Sunday 5th July - Threshold Support Services, Hamilton

- Opportunities to nurture existing relationships with clients' families and with multidisciplinary organisations, so clients will continue to receive quality support.
- For clients to know their value as individuals and within their community, and to have a sense of belonging and inclusion

For a copy of the CrossReach Prayer Diary, visit: www.crossreach.org.uk/resources/prayer-diary

CrossReach prayer widget for church website

You can now access the CrossReach Prayer Diary widget directly from their website along with easy to follow instructions on how to install it on your church site. Every week, it will update automatically with a new set of prayers. Visit: www.crossreach.org.uk/crossreach-prayer-diary-widget

We hope you can make use of these features and opportunities in your congregations. To contact the CrossReach Supporter Development Team please call: 0131 454 4374