

CROSSREACH

Care you can put your faith in

Here's your latest news from

CrossReach

November 2018

Christmas Cards: Last orders please!

The last date for ordering your Christmas Cards or Calendars for delivery by Christmas is **Friday 14th December 2018**

I know; where has this year gone?
Here we are in November already with Christmas steaming towards us like an unstoppable runaway train!

While we can't do anything about Christmas coming fast, at least we can help you with Christmas Cards



and Calendars, so that'll be something off your list of things to do.

While a few items are now sold out, there's still plenty of Cards and Calendars to choose from.

Visit the on-line shop at shop.crossreach.org.uk for the latest availability and place your order now, while you have it in your mind.

Then come back and read the rest of this newsletter.



CrossReach Christmas Angel Appeal

Mary's Story:

"I'd had a rough pregnancy and a traumatic labour. I became incredibly depressed, weepy, anxious and beset by suicidal thoughts. I didn't feel like I knew what I was doing with my daughter. I stopped leaving my house, and became obsessed with my daughter – I never put her down, and was not happy unless I was holding her. I withdrew from my husband emotionally, and refused to talk about any of my thoughts or feelings for fear of being seen as a failure."

Many mothers and fathers across Scotland may feel the same way as Mary this Christmas. 2 in 5 parents experience significant emotional difficulties during pregnancy and early parenthood. Mental illness is the leading cause of maternal death in the UK with 1 in 7 deaths being from suicide. Stigma often prevents parents asking for the help they need.

CrossReach is there when others aren't.

We helped Mary and her family and we help many other families just like them.

We help but we need your help too. As Mary told us: "we don't have a lot of money, but I contributed a small amount each month." Others may not be able to afford anything at all.

CrossReach is determined that no one should be turned away from the help they seek through their individual circumstances.

Whose Guardian Angel will you be?

A Guardian Angel can be defined as: "A person who looks after

or is concerned with the welfare of another.”

Thanks to financial gifts from generous supporters like you, CrossReach can keep providing life-transforming love and care for many people like Mary. This year we wish to raise an additional £200,000 so that more people like Mary can be given the support they need.

You can be a “Guardian Angel” for someone this Christmas.

Click [HERE](#) to donate online, or send your cheque (payable to CrossReach) to:

Christmas Angel Appeal

CrossReach

Charis House

47 Milton Road East

Edinburgh

EH15 2SR

Thank you for being a Guardian Angel this Christmas.



**OVER 2000
BLUEBELL PERINATAL
COUNSELLING SESSIONS
HAVE BEEN OFFERED
SINCE JANUARY 2018**

Bluebell perinatal counselling...

CrossReach Bluebell Perinatal Counselling Service in Glasgow and the surrounding area has had a record breaking year, so far.

Between January and the end of October 2018 Bluebell has offered over 2,000 perinatal counselling sessions to families experiencing perinatal mental health issues.

Many of the sessions were paid for by our generous supporters, like you.

Christina, Bluebell's manager, says "We are delighted that we have been able to offer so many perinatal counselling sessions this year. It highlights the importance of our specialist perinatal service for families. We are so grateful to everyone who has supported us to make these sessions available. To all of you who have helped in so many ways, thank you."

For further information about CrossReach's Perinatal Counselling Service, or our other Counselling services, visit our [website](#).



Daisy Chain at the Dentist

CrossReach's Daisy Chain project in Govanhill, Glasgow, has been working in partnership with the Public Dental Service of NHS Greater Glasgow and Clyde over this year to help improve the oral health of Govanhill's youngest children. The latest bit of work involved taking small groups of young children to the community dentist to play. Children experienced the dentist chair and equipment in a fun relaxed way and at their own pace. The idea is that children will take away a positive experience, without fear, and give a child a positive association with the dentist for years to come.



CrossReach Events 2019

A diary of exciting events for 2019 is **now available** on the CrossReach [website!](#)

Which adrenaline filled event will YOU be part of in 2019?

Email rebecca.tennant@crossreach.org.uk to get involved or to request flyers for display.

Attention Fundraisers!

The "tiny book of fundraising ideas" is **NOW AVAILABLE!**

Packed full of ideas for groups and individuals, it's a **MUST HAVE** for all ages who want to have fun fundraising for CrossReach.

To secure YOUR copy, email supporters@crossreach.org.uk, or call 0131 454 4374 and we'll rush one to you.

Hear from you soon!





Christmas Stamps

Turn the stamps you receive on Christmas Cards into care you can put your faith in.

Cut the stamps from the envelopes with a 4mm – 8mm border and send them to:

Stamps

CrossReach

Charis House

47 Milton Road East

Edinburgh

EH15 2SR

We will then turn your stamps into loving care and support.

Thank you.

It's good to talk...

There's only limited space here to let you know of the transformations you and CrossReach, together, are making in Scotland, and the opportunities to do more.

We would love to come and talk to your Church, Guild or other group to let you know more about the exciting, life changing, differences being made, and how you can be part of it.

Phone us now on 0131 454 4374 or email

supporters@crossreach.org.uk and let's agree a date to talk.



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