

April 2020

## CrossReach Information Sheet

### The gift of time

Every 4 years we're gifted an extra 1,440 minutes. This year, you are invited to gift some of your extra time to CrossReach. To explore the ways you can get involved: [www.crossreach.org.uk/news/gift-of-time](http://www.crossreach.org.uk/news/gift-of-time)

You can also contact the Supporter Development team on 0131 454 4341



### Update on CrossReach events 2020

In light of the fast moving developments in relation to the spread of COVID-19 (Coronavirus), all CrossReach events have been cancelled or postponed.

For more information, please visit [www.crossreach.org.uk/events](http://www.crossreach.org.uk/events)



### The Kiltwalk Aberdeen and Glasgow: Postponed

Whilst the Kiltwalk has been postponed, Sir Tom Hunter has offered to increase monies raised by any individual participating by 50% and to give this to their chosen charity. If you are registered for this event, please continue to fundraise.

To register, please visit: [www.thekiltwalk.co.uk/events](http://www.thekiltwalk.co.uk/events)

### Push up for CrossReach #YouAreNotAlone



Social isolation and loneliness is a daily reality for many groups of vulnerable people which impacts their mental health and wellbeing. These people need support now more than ever and that's why CrossReach is inviting everyone to take part in the 'Push up for CrossReach' fundraiser.

For more information, please visit: [www.crossreach.org.uk/pushupforcrossreach](http://www.crossreach.org.uk/pushupforcrossreach)

### Claymore's story - CrossReach Care and Education

Maintaining supportive relationships is of great importance to the work done by CrossReach's Care and Education Services and the organisation is proud to have supported Claymore during his care journey (from age 9 into adulthood).

Claymore's story includes his momentous contribution to the Who Cares? Scotland 2013 award winning campaign to extend the age of support given to looked after young people from 16 to 21. The campaign resulted in a change to legislation of support in Scotland being extended to age 25.

Claymore recently spent a day at the Six Nations rugby match at Murrayfield Stadium with staff members who supported him during his time at CrossReach. The day involved a meet and greet with Stuart Hogg, Kyle Steyn and Gregor Townsend, a tour of the grounds and the gifting of the match ball. Rugby has held a significant place in Claymore's life and it was an honor for CrossReach to be a part of Claymore's experience, both on and off the pitch.



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/](http://www.socialcareforum.scot/)

## In Your Shoes at Whinnieknowe

Up until recently, Mondays at CrossReach's Whinnieknowe have been full of songs, stories and movement as residents and their families take part in the 'In Your Shoes' intergenerational project with Eden Court Theatre in Inverness.

Ruby Worth, Dance Practitioner, shares about the experience on the theatre's blog: [bit.ly/38XHMYp](https://bit.ly/38XHMYp)



## Umbrella Project

CrossReach is delighted that the Irvine Old Parish Church in North Ayrshire, is hosting its new project, Umbrella. Meeting twice a week, Umbrella is a place for people with a mental health problem to come and feel safe to socialise and to talk about the challenges they are experiencing. The project launched on 3 March 2020 with lots of conversations about how it aims to help improve the mental wellbeing of people in North Ayrshire. With 1 in 3 adults in Scotland experiencing depression or anxiety at some point in their life, initiatives to promote mental health and wellbeing underpin much of CrossReach's work.

To enquire, please contact: [umbrella.project@crossreach.org.uk](mailto:umbrella.project@crossreach.org.uk)



### Prayer Points

For all school pupils and their families; may their lives be deeply enriched and may they know God's peace at this time of uncertainty.

Thank God for the gift of technology that allows people to virtually connect with loved ones when they cannot see each other in person.

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



### Get creative!

If you live close by to a CrossReach service, why not get creative with your children and draw a picture to send to a care or residential home? It could put a smile on many faces!

Find a service closest to you at:

[www.crossreach.org.uk/our-locations](http://www.crossreach.org.uk/our-locations)



### Mental health during self-isolation

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](http://www.crossreach.org.uk/find-service/children-families/counselling)

## Easter cards 2020

With the current Coronavirus (Covid-19) restrictions in place, Crossreach staff are working from home so are unable to fulfill any orders. Therefore, the CrossReach webshop and telephone order line are temporarily closed until further notice.

### CrossReach prayer widget for church website

CrossReach can email you a link to its Prayer Diary widget with easy to follow instructions on how to upload it. Every week, it will update automatically with a new set of prayers. For more information please contact: [bdd@crossreach.org.uk](mailto:bdd@crossreach.org.uk)

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



The Church of Scotland  
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

[www.crossreach.org.uk](http://www.crossreach.org.uk)



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