

CROSSREACH NEWS

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- Christmas card & calendar selection
- A young mother with postnatal depression
- Substance use recovery – away from the City



Living life to the full



A new take on 'getting your feet wet'! P10

OUR SERVICE AREAS:

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

CROSSREACH
Care you can put your faith in
www.crossreach.org.uk

Where's Buddy? Find Buddy and WIN!

Explore the pages of CrossReach News. How many places can you find Buddy?

Submit your answer by 9 October 2022 for the chance to win various prizes, including £25 to spend at www.crossreach.org.uk/shop

Here's the first one!



Buddy, Polmont Prison Visitor Centre mascot



Follow the QR code to enter. See website for T&Cs. Open to people of all ages!



Prayer Points



In the midst of so much change give thanks for God's constant love. Help us to know that whatever the circumstances and challenges we face, He cares for us.

Ask God's blessing for the staff and volunteers serving with CrossReach, that, as they go about their daily business supporting others to lead rich and fulfilling lives, they may also feel fulfilled.

Pray for the people who turn to CrossReach for support every year, may they experience hope and a positive difference made in their lives.

Pray for those in positions of authority; that their decisions are guided by compassion and insight as they make plans for the future of care services.

Give thanks for our supporters who give generously in many different ways; may they be as blessed in their giving as are we who receive.

Viv Dickenson, CEO

Our Mission Statement

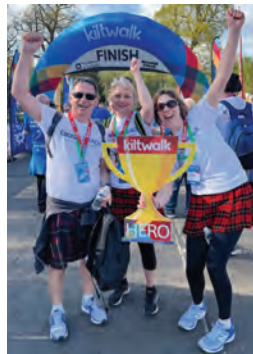
In Christ's name we seek to support people to achieve the highest quality of life which they are capable of achieving at any given time.

Stories of Hope: Addiction recovery

In June, we joined MSPs, ministers, church reps and others at the Scottish Parliament and celebrated real-life stories of recovery from addiction. Christ's name was lifted up in song and prayer at the heart of the Parliament building, as the Evangelical Alliance and Serve Scotland presented their report 'Stories of Hope: Addiction Recovery'. The report powerfully depicting the vast substance use support provided by Scottish based Christian communities and organisations including CrossReach.



Read the report



Kiltwalk

Smiles all round from our Older People Services business team and director Allan Logan!

They completed the Kiltwalk in Glasgow in April, raising over £1,200. Fantastic!

New Prayer Diary App launched

We believe every life can flourish with the right support at the right time.

During your own times of devotion, we hope you will find the App a helpful resource for reflecting on people who need additional support to face their daily lives, and for those who work in social care.

Get the App



Published by CrossReach. If you would like to use any material or articles contained in this magazine, please contact the Business Development team at:

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The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353



www.crossreach.org.uk



Work with us





Viv Dickenson,
Chief Executive Officer

Welcome to an action-packed edition of CrossReach News. You will see that we are making the most of being able to be with family and friends and getting out and about again!

It may all feel a bit more normal, but another sea change is just around the corner. In June the Scottish Parliament introduced draft legislation to establish a National Care Service. I

have invited John McDonald, Adult Care Services, to give us his initial reaction to the Bill. Please take time to find out more about it and make your own views known during this consultation period. We look forward to hearing your thoughts over the coming weeks.

Thank you for your continuing support which means so much to us all at CrossReach.



Creating a National Care Service

A view from John Macdonald, Head of Service, Mental Health & Strategy

➔ Social care is changing. The Scottish Government published its National Care Service Bill in June. The proposed legislation would give Government Ministers broad powers over the design and delivery of social care services.

Supporters have called the Bill the most significant reform of public services since the creation of the NHS. But opponents, including trade unions, have called it a 'power grab' by Ministers and an 'assault on local democracy'.

We are at a pivotal moment for social care in Scotland

If, as is widely expected, the Bill is enacted by Parliament it would allow Scottish Government to take responsibility for social care from local authorities and hand it to 'care boards'. These would be similar to NHS health boards, with Ministers accountable for their performance. According to Humza Yousaf, Cabinet Secretary for Health and Social Care, the aim of the National Care Service

is to end the 'postcode lottery' in social care.

We can say for sure that a National Care Service will fundamentally change the landscape in which CrossReach's services work. But we don't yet know what the new landscape will look like. While the proposed Bill sets out the legislative framework for a National Care Service, the detail of how it will operate has been deliberately left out.

The Government wants the detail to be 'co-designed' with people who have experience of the current social care system: people who have been supported, their families and carers, and professionals. A number of events and other opportunities to have a say on the National Care Service are planned throughout the rest of 2022 and beyond.

So, we are at a pivotal moment for social care in Scotland. And we have an opportunity to influence the future of care and support services. We want the voices of experience and of the charitable sector to be heard as that future is shaped. It is therefore crucial that CrossReach, those we support, and those who



support us, get involved in the co-design of the National Care Service.

We are determined to continue delivering the best possible services for people, and to be able to work with even more people who need support. We want our staff to be recognised for the extraordinary work they do, and to be able to turn their calling into a career. The National Care Service may give us the opportunity to realise these aims. But it will only do so if we get involved and help to create the future we want to see for social care in Scotland. ■



It's funny - I like going to work



➔ Being made redundant is no joke, but what if it lead you to a career in 'wonderfully new territory'?

Robin, a stand-up comedian who is now also a support worker with CrossReach learning disability service Threshold Edinburgh, has found just that.

During the pandemic, Robin found himself out of work as the comedy circuit had dried up and he was made redundant from his vape shop job. Not afraid of a

challenge, Robin applied for all sorts of jobs and even though he'd had no previous experience of working in social care, took the plunge after being inspired by friends and family who were community care workers.

Now Robin works as a support worker at our Threshold Edinburgh service that offers support to adults with learning disabilities. "Every day is different and initially that was a completely new thing for me. At the end of my first shift it was quite daunting working with someone with really complex needs. I came home a bit shell shocked. But everyone is lovely and really helpful, they realised I didn't know anything."

"The people you work with are the kindest people in the world. You learn what your good at. Just go for it, think about treating others as you would want to be treated and stay peaceful and positive!

You find out quite quickly if you can do it. It's very vocational. You'll last an hour or stay for years. Just try it!"

Robin still keeps his hand in around the comedy circuit and will be appearing in The Stand comedy club later this year. ■



Are you a caring person who wants to make a difference to people's lives?

Are you looking for a new career, a part time job or a flexible role, that offers security, great benefits, and a supportive team environment? Then we can provide the support and training you need to make an impact in social care.

As one of Scotland's largest social care charities, we offer care to people in need of a helping hand, supporting them to live life to the full whatever their circumstances. Our team comes from all walks of life. Some have worked in care all their lives, others join us from unrelated jobs or straight from school. Join us, and you'll be part of a supportive like-minded team, who are there for each other as well as the people in their care.

We offer support to gain free SVQ professional qualifications, and great benefits including health care, a generous company pension scheme, plus numerous other rewards designed to show how valued you are. Working for one of Scotland's largest voluntary

We offer support to gain free SVQ professional qualifications, and great benefits including health care

social care charities, you'll also be able to develop your career within our network of services across the country. And with a range of full and part time roles available, we're sure to have an exciting opportunity near you.

To find out more and apply, please visit:

www.crossreach.org.uk/careers

or contact:

recruitment.team@crossreach.org.uk



Follow the QR code to find out more



➔ Occupation (activity): a vital part of good, personalised care



➔ Occupation is a basic human need. Actually, it is an identified part of the six psychological components for a good quality of life, when living with dementia (love, comfort, identity, occupation, inclusion and attachment).

At The Elms we work hard with our residents, often with support from their families, to understand each individual and the things that are of particular interest and importance to them.

Professor Thomas Kitwood, reputed to be the first in his field to see beyond the diagnosis of dementia, was noted as having said, 'Most of us want to be occupied with something to feel like we have worth and purpose in life. From being involved in daily activities, to engaging in a planned activities programme it's important that the person is able to occupy themselves with meaningful things.'

And that's what we work hard to achieve for each of our residents in The Elms. Using verbal and where appropriate, non-verbal communication methods, we gather the residents' preferred activities and outing destinations of choice, then the dedicated Activities Coordinator

devises the activity plan, which includes regular outings.

Outings range from familiar favourites like Edinburgh Zoo, the barge at Ratho and Portobello Beach (including the chippie, of course!) to new experiences such as The Van Gogh Experience in central Edinburgh.

When making the plans, we are mindful of the needs of residents who could become distressed by longer times away from their home. We also assess where aspects of visits could present individual challenges for our residents, e.g. immersive activities. Staff members work with and support the residents so that if they want to, they have the opportunity to try new experiences.

From time to time, we are asked why we bother with including activities when the events are forgotten about so quickly— residents can go on a trip and have forgotten they have been out immediately they return home.


However, when the residents are outdoors, we see a lifting of mood and increased interaction and sociability. On a recent barge trip, a resident known to have had a past interest in sailing but who is now dysphasic, suddenly began speaking very clearly while enthusing about being out on the water.

So yes, the event might be forgotten but the elevated mood remains. This leads to improved sleep, improved appetite and to more positive interactions with the people around them. We also see reductions in distressed behaviour, and this in turn leads to increased harmony in what is a communal living situation.

There is a lot of planning involved in arranging trips for older people living with dementia, some of whom are no longer mobile, but the outcome for our residents makes it so worth it. At the Elms, we live life to the full! ■

Gillian MacKenzie, Manager

➔ **Want to walk around The Elms? Watch our virtual tour video**



Holistic nourishment



Practical support and advice for any adult in the Dundee area who is willing and committed to moving on beyond drug use.

Since the middle of March '22, CrossReach Tayside Support Services has

been running a recovery cooking course at the Menzieshill Community Hub in Dundee. Originally the brainchild of Angie Gray (support worker at the Connect Café*), participants learn about and prepare budget friendly healthy meals.

The classes (supported by Kimberley Meek of the Dundee Community Health Team) are informal and help build positive relationships, improve social skills, reduce mental health issues and provide practical support with budgeting.

As well as the weekly hands-on cooking sessions, course participants

can also gain a food hygiene certificate which enables them to work in the catering industry. In addition, each student receives a slow cooker.

Further funding has been provided by the Regeneration Fund to open a 3 month pilot scheme, where course graduates will get the opportunity to put their learning into practice in a real life community café setting.

**Connect Café is held in partnership with CrossReach, Bethany Christian Trust and Menzieshill Parish Church.*





'It is good to know I am not actually crazy'



➔ In and of themselves, the lockdowns in 2020/21 were a challenge. Can you imagine adding into that the anxiety of potentially experiencing postnatal depression for a second time, whilst living with the grief of losing a third child? This was the situation that a mother in the Highlands was facing and she desperately didn't want to go through postnatal-depression again.

Following her GP's recommendation, the mother called CrossReach Counselling: Moray Perinatal Depression service. With 2 children at home and another on the way, she desperately wanted to protect her unborn child. Against medical advice, she had stopped taking her antidepressant but was, however, willing to speak to a counsellor about this decision.

The counselling provided the space to safely work through the presenting fear and heartache. In the sessions, she talked through the loss of her baby, the effects of the first lockdown, the ongoing impact of the heart wrenching isolation that

followed the death of her baby, the uninterrupted grief and the burden of the unshared distress forced by lockdown on she and her family.

The counsellor supported her as she explored other painful times in her life, including a previous abusive relationship from which she and her eldest child escaped. This enabled her to reflect on her past and to separate it from her current situation.

'I can ask myself "why am I feeling like this" and be able to process and rationalise the reason, to understand what is going on for me'

Through counselling, awareness grew about the layers of her distress and she began considering the potential benefits of reintroducing antidepressants. After her final pregnancy scan she decided to restart anti-depressant therapy.

'It's helped me work through the turmoil and anxiety from losing our baby last year and worry about this one being born safely.'



In July 2021, her healthy baby boy was born.

Over time, the mother's confidence grew in her ability to meet the needs of her children and around being with others. This led to her taking the significant step of participating in the baby massage sessions. Surprised at how much she enjoyed the sessions, she put the techniques into practice at home with her other children too.

Now, with the feelings of isolation diminished, the client has expressed she better able to seek support from family, friends and her community.

Did you know, the CrossReach Perinatal Service in Moray could not have developed without funding from a Scottish Government fund, which runs out in March 2023. During the last year the CrossReach Moray team have supported over 100 families. You could help keep this much needed and hugely valued service running in 2023 and beyond, by making a donation to CrossReach.

Are you interested in working with us? Why not visit the careers area of our website and browse the job opportunities available in our Counselling services. ■



Make a donation
Work with us



Christina Smiley,
Managing Co-ordinator

Very sad but also thankful

➔ Having lost her brother, Ian, to suicide during the isolation period of the COVID-19 pandemic, Louise (pictured left) wanted to show her appreciation to our Morven Day Services for the support Ian had received during less restrictive times, and especially during the times where Ian was very unwell.

Described as a funny individual with an infectious smile, Ian was noted as always being the first person to ask if anyone needed a hand with anything. His main passion was pool and whilst he regularly enjoyed winning against his opponents, he was also keen to help around the

service and he volunteered to help in the garden.

As an employee at the Tesco Extra store on West Shaw Street, Kilmarnock, Louise was pleased a £100 donation could be made in memory of her dear brother, to support the service's planned garden renovations.

Our heartfelt thanks goes to Louise, Tesco Community Champion, Tracy (right) and to all those who supported this fundraiser. ■





A week away from the City *'I could stay here forever'*

As part of our Glasgow Residential Recovery Programmes we take people to Kinraig in the Scottish Highlands for a week in Spring and Autumn. It is an opportunity for them to get away from the realities in their lives: addiction, homelessness, family break down or abuse.

Scotland has the highest drug and alcohol use in the UK
increasing by 17% alone in the last 3 years.
BBC News and Audit Scotland



It's a week of fresh air, activity, peace and fun; plenty of fun! Staff dedicate their time to planning activities and making the

week a great experience for people supported. Staying at the Cairngorm Christian Centre near Aviemore, we visit tourist attractions like Landmark and Highland Wildlife Park, we walk around the area and spot Osprey Nests, we go fishing in lochs, water activities on Loch Morlich, walks up hills in the Cairngorms... often people

have never climbed a hill or had the opportunity to have real fun without alcohol or drugs.

The Whiteinch Move On service offers a more relaxed week, while the Abstinence Service have a more structured week which includes the same wake up times and some therapeutic input throughout the day. It is an opportunity to connect with each other, build positive relationships and see the staff team as human just like them.



This break from the everyday challenges in their lives is invaluable.



The memories made in Kinraig are not forgotten!

Catriona McCabe,
Managing Co-Ordinator



£500 could pay the accommodation for a desperately needed break so individuals can get away from the realities in their lives – addiction, homelessness, family break down or abuse.

Achievements and developments at Polmont



Having been the first prison centre in Scotland to receive the Breastfeeding Friendly Scotland Award, having introduced the Porridge Pot Project and having brought in the Storybook Families initiative, over the past few months, our Polmont Prison Visitor Centre has certainly been a hive of activity!

Working in partnership with NHS Forth Valley, Sasha Groves (manager) noted the team's delight at ensuring the choice to breastfeed is not a barrier to visiting loved ones in prison. Sasha also noted that partnering with NHS Forth Valley has opened the door to providing healthy, oaty breakfasts for children to take away, along with an age-appropriate story book,

The Magic Porridge Pot, for families to read together and to support literacy skills.

Supporting children to develop their literacy skills has been a long-held passion at the Visitor Centre, so thanks to funding from the Scottish Government, it has been a delight to build on the work of the previously featured Give a Book charity initiative by introducing Storybook Families. Working with Parenting Officers and Family Contact Officers at HMPYOI Polmont, the team at the centre supports each participating family to experience the connection brought through reading and sharing stories together. ■



£10 could buy quality books for a parent to read with a child over an online prison visit.



Thankathon August 1-5 2022



I would like to thank Mary for supporting me in my new role of Care Team Supervisor!

Lynne Phillips



I was apprehensive about starting counselling with CrossReach as suffering from Anxiety left me quite vulnerable ... counselling has gradually helped me make a considerable recovery in my mental health and helped me understand and unravel real life issues.

Inverness Adults beneficiary



Counselling that has got to the root of the problem. Being able to talk through each issue has been the most difficult thing I've ever had to do ... I honestly can't emphasise enough how grateful I am that I was able to get support from CrossReach.

Counselling Moray beneficiary

Thank

Thanking and celebrating remarkable supporters, vol

Together we can enhance and save



I'm in awe of the wide range of lives that you touch, especially where you strive to bring love, care, dignity, and respect to folk who are sometimes marginalised by society"

CrossReach Fundraiser



Impressed by the wide range of services for all ages. Had the idea before that it was just about Care Homes...

Maureen, Regular donor (member)



CrossReach volunteers are an army of passionate hearts and generous spirits! Huge thanks and appreciation

CrossReach staff member

Wish you were here!

We were really lucky to have sunshine for the whole week and spent lots of time outdoors playing crazy golf and exploring Blackpool. Our favourite place was the wax museum.



The Mallard
Blackpool
Summer 2022



Wish you were here!



Every year children and staff from The Mallard, our short breaks service for children and young people living with disabilities in Glasgow, plan a much anticipated summer holiday. The young people, with some help from managing coordinator Heather Strain, have sent you this postcard!

There were 4 of us who went along with 4 of our favourite staff.

We stayed in 2 lovely caravans which were "fun" and the staff were "fantastic" (Ryan and Teegan)



"The service has been life changing, I am starting to feel like I can make sense of my past and how I progress from here."

Bluebell Perinatal service beneficiary



"CrossReach is a brilliant organisation who make you feel part of something and when you leave their Service they still keep in touch with you and continue to support you. I was in a very bad place abusing drugs on regular basis for number of years, I don't want to use old Cliché but if I can do it anyone can do it."

Scott, Whiteinch move on beneficiary



Counselling gave me the courage to deal with the past, and manage to move on and deal with the future too, whilst enjoying the present.

Tom Allan centre beneficiary

Thank you!

Each and every one of our volunteers, and staff members. We can save a life, change a life and give a life.

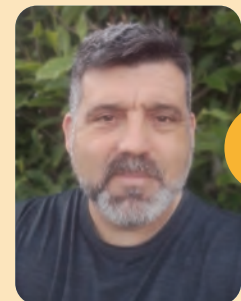


"Unlike some charities, you are respectful of your donors. Even though times are hard, you never push, sending emotive messages. I appreciate your gentle approach and try to help if I can."

Regular donor (member)



Thank you Eva for your very evident commitment to Oversteps and for praying with me. You are a real inspiration and unselfish, especially when you have your own life concerns to consider.



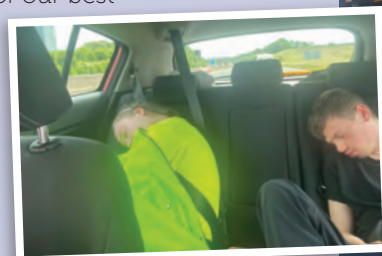
When I see you at work, you remind me that social care is more than a salary job but a way of life. I am sure others are looking at you in the same manner.

Gary Deplacido



We were really lucky to have sunshine for the whole week and spent lots of time outdoors playing crazy golf and exploring Blackpool. Our favourite place was the wax museum.

We have picked a selection of our best pictures to show you from our trip, we hope you like them. We had lovely hire cars which made the long journey extra comfortable – we even managed a wee sleep on the way home!



➔ A new take on 'getting your feet wet'!



➤ When the sea and sand is on your doorstep it's almost impossible to resist rolling up your trousers and having a paddle in the water. But when mobility becomes a challenge, paddling can easily be consigned to distant memories.

Can you, therefore, imagine the delight for Billy and Nanette (residents at our South Beach house, Ardrossan) when they once again got their feet wet, all thanks to the disability chair (a three wheeled trike chair) and the hippocampe (an all-terrain chair), both offered through the Ardrossan Community Development Trust and provided by North Lanarkshire Council?

Billy gave a delighted thumbs up as his toes once again felt the gentle lap of the waves at the water's edge.

Maureen Grier (manager) said the chairs are very easy to use and that they are planning more paddling trips! ■



Recovery is a personal journey

➤ Recovery is a personal journey. Whether it's achieved through total abstinence or harm reduction, CrossReach Residential Recovery Service offers the individual the choice and support that makes it possible for them to realise their full potential and become their very best selves.



Tony, a senior recovery worker at the service (formerly Rainbow House), spoke from the heart about his own recovery journey at a recent Parliamentary reception.

The event, arranged by the Moderator Lord Jim Wallace, heard Viv Dickenson, CrossReach CEO, comment that "without doubt my first priority has to be people" and that "CrossReach provides recovery services in many areas of Scotland, aiming to engage those who are at the point in their lives where they want to do something about their substance use. We offer a range of interventions which embrace both harm reduction

or total abstinence approaches, giving people choice and control. Our core belief is that the abstinence gives people the best opportunity to live life to the full again but know that having the choice is important to those accessing our services." ■



£100 could support one person, per day at our Whiteinch Move on service alone, providing professional care and accommodation. Every single penny can enhance a life, change a life and save a life.

Intergenerational gardening club



Breaking down mental health stigma



➤ At Umbrella we are always trying to support our members to take part in meaningful, therapeutic activities to improve the lives of people living with a Mental Health issue.

As a group which meets in the heart of a community, we wanted to develop a project which would involve members of the local community, as a way of breaking down the stigmas around Mental Health. That's when we decided to approach a local primary school with the idea of involving some young people in our brand new Gardening project.

We saw this as a way to provide the opportunity for skills sharing, positive social interactions between different generations, social inclusion and provide meaningful activity which would promote positive mental health.

Over the course of the sessions we planted potatoes, courgettes, strawberries alongside various plants as well as crafting bird houses, feeders and wild flower bombs!

Due to the success of the project we hope to continue with a new group of young people after the summer to start our Autumn/Winter sessions. ■

Stuart Dudgeon, support worker



Watch this video from the school teacher



Christmas Card and Calendar Collection 2022

Visit www.crossreach.org.uk/shop to order

CrossReach Wall Calendar

This high quality calendar features a series of twelve stunning pictures of Scotland's scenery at its very best! It is superb value for money. The box layout of days gives plenty of space to note appointments and the 2024 year planner gives you the whole of next year at a glance.

With punched wall hanging hole.



£4.60 for 30 or more Wall Calendars

Size: 295mm x 210mm
Opens to 295mm x 420mm
Complete with envelope
CRCAL23 Cat No.1

£5.00

Featuring
English & Gaelic
months and days

Makes a great
stocking filler!



CrossReach Appointments Wall Calendar

In a popular slim line design with a line for each day this will look great on any wall. Spiral bound with an integral hanging loop. It features the same series of stunning pictures as the Wall Calendar of Scotland's scenery at its very best.

Size: 170mm x 340mm, Complete with envelope
CRWAC23 Cat No.2

£4.50



Pack of 5
£2.75

Happy Easter

Greeting: Easter Greetings
125mm x 125mm, Gloss
CRG028 Cat No.31



Pack of 5
£2.75

Easter Blessings Wreath

Greeting: Blank inside for your own message
125mm x 125mm, Gloss
CRG029 Cat No.32



Pack of 5
£2.75

Colourful Tulips

Greeting: Happy Easter
125mm x 125mm, Gloss
CRG030 Cat No.33



The Church of Scotland
Social Care Council

Operating as CrossReach Scottish Charity Number: SC011353

Call 0131 454 4374 or visit
[Visit crossreach.org.uk/shop](http://www.crossreach.org.uk/shop) to order



Sold Singly
90p

Christmas Penguins Money Wallet

Blank inside for your own message
Featuring money holding cut out
180mm x 92mm, Gloss
CRMW16 Cat No.27



Top Hat Snowman Money Wallet

Blank inside for your own message
Featuring money holding cut out
180mm x 92mm
Gloss
CRMW17 Cat No.28



£6.00

Scottish Beach Scene Notelets

Set of 12 notelets, 3 each of 4 designs featuring beautiful Scottish Beach scenes, in presentation wallet, complete with envelopes. Images by Duncan McEwan
145mm x100mm
CRNTS06 Cat No.30



Are you looking for a gift with a difference for a friend or relative this Christmas? Something that shows you care? Then Care Share Gifts may be for you!

For many people, life is difficult. Faced with various physical, emotional and social challenges, we aren't always equipped to cope on our own.

Unwavering support from people like you allows CrossReach to provide support through our life changing and lifesaving services, so that every person can flourish and every life can be lived to the full. Every penny raised buying a Care Share will be used to enhance, change and save lives all over Scotland.



£5 could buy the ingredients for mums and children to make playdoh together, encouraging creativity, communication and enhancing their bond. (CF5)



£50 could help facilitate a therapeutic art session for people living with dementia (OP50)

Your support can enhance a life
Your support can change a life
Your support can save a life



Find out more about how your purchase and support can enhance, change and save a life.



Santa and Snowman Gift Wrap

Pack of four quality gift wrapping sheets, two of each design with matching gift tags
500mm x 695mm, Gloss
CRGW17 Cat No.25



Colourful Christmas Gift Wrap

Pack of four quality gift wrapping sheets, two of each design with 1 sheet of sticker tags
Sticker sheet includes 8 sticker tags and other decorative and wrap sealing stickers
500mm x 695mm, Gloss
CRGW18 Cat No.26



Shepherds

Greeting: With every good wish for Christmas and the New Year
150mm x 150mm, Gloss
CRH07 Cat No.11

Pack of 10
£3.80



Silent Night

Greeting: Best wishes for Christmas and the New Year
150mm x 150mm
Gold Foil, Die cut
CRH08 Cat No.12

Pack of 10
£3.80

Gold Foil



Christmas Candle

Greeting: May the light of Jesus shine in your heart this Christmas
Verse: The light shines in the darkness, and the darkness has not overcome it. John 1:5
150mm x 150mm, Gloss
CRH05 Cat No.9

Pack of 10
£3.80



Angel Trio

Greeting: Christmas Blessings
150mm x 150mm, Gloss
CRH10 Cat No.14

Pack of 10
£3.80

Pack of 10
£3.80



Gardener's Friend

Greeting: Best Wishes for Christmas and the New Year
150mm x 150mm, Gloss
CRH11 Cat No.15

Pack of 10
£3.80



Bought myself a Hat

Greeting: With best wishes for Christmas and the New Year
150mm x 150mm, Gloss
CRH15 Cat No.19

Pack of 10
£3.80



Tartan Hogmanay

Greeting: All the best for the coming year
125mm x 125mm, Gloss
CRH18 Cat No.22





Pack of 10
£3.80
Rose Gold
Foil

The Journey

Greeting: With every good wish for Christmas and the New Year

Verse: He went there to register with Mary, who was pledged to be married to him and was expecting a child.

Luke 2:5

150mm x 150mm

CRH01 Cat No.5



Pack of 10
£3.80

Peace

Greeting: May the message of Christmas fill your life with joy and peace

Verse: Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27

150mm x 150mm, Gloss

CRH04 Cat No.8



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→ Working together to design a better service



From these workshops, 5 key development areas have been established which we hope to explore and take forward in the second year of the project.

In addition to the aim of the improving the transition experience, the initiative has also provided a space for learning for all involved:

'The workshops were a fantastic way of introducing The Promise to both the young people and staff, it was done at a pace and in manner that allowed young people to feel safe and able to express their feelings and share their experiences. As a staff member involved, I found this a really exciting thing to be part of, incredibly eye opening and thought provoking to hear the perspectives of the young people involved.'

Workshop Participant.

Having been successful in securing funding from The Promise Partnership into 2023, we are excited at the prospect of delivering what children and young people

have asked for, to improve their transition experience and we remain committed to #keepthepromise so that all children in Scotland grow up loved, safe, respected and can realise their true potential. ■

Ruth Forster,
Improvement Lead
(Transitions)

Residential care & education
Various locations

Over the past 12 months, children, young people and staff

have participated in a coproduction initiative to improve the transition experience for children and young people currently using our residential services. Funded through The Promise Partnership, this project looked to amplify the voice of lived experience and was grounded in the principle that those who use a service are best placed to help design it. Initially, a group of 28 participants were recruited who were divided into 7 groups, each participating in 5 different workshops.

Platinum Jubilee celebrations

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Supporting people in Scotland to live life to the full



At CrossReach we offer loving care to people of all ages who are in need of a helping hand, supporting them to live life to the full whatever their circumstances. We aim to show the practical side of our Christian faith by reflecting Christian love to those we support.

The Church of Scotland's Social Care Council is accountable for the work of CrossReach.

We have been at the forefront of high quality social care for over 150 years. During that time we have worked hard to understand the needs of the people who turn to us for help and with them have been at the forefront

of pioneering services which have literally changed thousands of lives for the better.

Today we are one of the largest care providers in Scotland, with experience across a broad range of services.

"I'm in awe of the wide range of lives that you touch, especially where you strive to bring love, care, dignity and respect to folk who are sometimes marginalised by society"

Regular donor and Member

Our services include...

- ➔ Residential care and education for looked after children
- ➔ Residential care, short breaks and activities for young people living with disabilities and long term complex health needs
- ➔ One-to-one counselling, and perinatal counselling for parents
- ➔ Play-based interventions for children under 8
- ➔ Accommodation and support for ex-offenders, and support for prison visitors in Perth and Polmont
- ➔ Accommodation and practical support for those facing homelessness
- ➔ Residential care, at home support and day opportunities for young people and adults with learning disabilities
- ➔ Accommodation and support for mental wellbeing, including local groups
- ➔ Care for older people from day support to respite care and residential care homes
- ➔ Creative arts groups for people living with dementia
- ➔ Substance use recovery including residential rehabilitation, move on accommodation, and support for families

Explore all our services at www.crossreach.org.uk

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➔ 1,700 employees

"I can now see a future ahead for me and will forever be grateful to CrossReach" —Service user at Whiteinch

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