

A guide to CrossReach



Support for adults

We work to support adults experiencing challenges from all walks of life, without judgement. Our role is one that encourages each individual to face the difficulties they encounter in the knowledge that we are in their corner offering the help and support that they have come to us for. Such expertise is offered from a wealth of experience.



Care for older people

Every person is unique. At CrossReach, we work with older people and their families to identify, shape and tailor services which support and enhance the wellbeing of each individual person. Our aim is to support people to realise their dreams and aspirations at this stage of their life.



Support for children, young people and families

Many families look for support at some point in their lives. We recognise the impact that adverse experiences can have, not just in childhood but into adulthood. We believe that by being there to walk alongside children and their families we can help them to build on their own strengths and resilience to overcome and achieve the outcomes important to them.



We believe that everyone has the potential to live life to the full. The journey individuals choose is unique to them and may even change from day to day. We encourage people to choose the services and packages that they need, plan their care and be involved in decisions affecting the way they live their life.

Learning disabilities

We support people to live well with learning disabilities. We've been working alongside people with learning disabilities, autism and other support needs for over 20 years. For all of the staff working here, the best part of the job is celebrating abilities and achievements.



Care Homes

All our care homes offer a loving and homely environment, where everyone is treated with dignity and respect. Our staff have specialist experience and an enhanced level of training that ensures we can make life as comfortable, stimulating and fulfilling as it can be. From Day Care Support to Respite Care, Residential and Specialist Care, we take time to get to know each person, and plan activities to match their individual interests, knowledge, experiences and skills.

There are over 90,000 people living with dementia in Scotland today. CrossReach has Dementia Ambassadors in all its dementia care homes and services. They have enhanced skills and knowledge in dementia care, and provide a point of contact for families and carers.

Heart for Art

Our creative arts groups for people with dementia are called Heart for Art. We know from research and our own experience that creativity stimulates conversation, aids concentration and even improves memory retention. With pencil or paintbrush in hand, we see people with dementia expressing themselves freely and finding new ways to communicate.



We believe that every life can be enhanced, and should be lived as fully as possible. Quality of life means being part of a community, maintaining your independence and focusing on the things you can do, not the things you can't.

"I always feel like they support my v

Mental health

Mental wellbeing means people taking control of their life and moving forward as they become more aware of their own strength and ability to manage their own journey. The journey people choose will be unique to them and may even change from day to day. We are here to support people every step of the way.

Drug deaths in Scotland still remain at a tragically high level. At CrossReach we work with people spanning homelessness, substance use, criminal justice and mental health with recovery and abstinence programmes.

Substance use

We know that recovery from drug and alcohol dependency is possible. We are here to give people the right support. Wherever individuals are in their journey, we can work with them at their own pace. With the right support, people can build confidence, find structure and routine, work through the issues that led to dependency in the first place, find new coping skills and experience improved relationships.



Justice

When prison becomes part of someone's life, we're here to offer practical and emotional support at a tough time. If you or someone you know is caught up in the criminal justice system, we can offer emotional and practical support to get through this. Our Visitors Centres provide a warm non-judgemental space for families to relax before and/or after a visit. We can't make the crime or the sentence go away, but we can offer advice, skills, hope and a reminder that you are not alone.

We believe that with the right support, Scotland's children, young people and families can thrive. We know that families can encounter adversity at different times and in different circumstances. Our experience tells us that by getting alongside them, offering practical help, and building positive relationships we can assist them to build their own strength and resilience, to overcome challenges and to experience positive change.

Care and Education Services

Our Care and Education services provide nurturing and loving care to children who cannot remain at home for a variety of reasons. We look after children in small community houses and are able to offer a first class learning environment from our education campus in Erskine. At The Mallard Short Breaks and Go2 services, we work alongside children and young people who have learning and physical disabilities, recognising that everyone has the potential to live life to the full.

It is estimated that more than 1 in 6 mothers and 1 in 10 fathers experience perinatal mental health illness. CrossReach has been delivering specialist treatment for perinatal mental health illness for over 30 years. We offer a range of therapies to over 1000 mothers and fathers each year, providing crèche facilities using specialist crèche workers.

whole family more than even they understand."



Our employees and volunteers

Our employees and volunteers have a long legacy of providing social care and support in Scotland, often remarking on the privilege of the work they do, and how in helping others, their own lives are transformed.

We have...

- 1700 employees providing care and support across Scotland.
- 90% of employees said they would recommend CrossReach to friends and family as a service
- 88% of employees say the work I do makes me feel good.



crossreach.org.uk/careers



Volunteer roles

Every day across Scotland, around 500 people give us their time and skills to bring positive change to individuals, families and whole communities. They bring varied talents, personalities and experiences, which all make a real difference to the lives of the people we support.

There are a number of volunteer and student placement opportunities at CrossReach, such as Taxi Buddy, Art and Play Therapists, Friends Group, Regional Speaker and Fundraiser.

We love our supporters

Without you we would not be able to do much of the fabulous work you can read about on our website and social media pages.

By setting up a regular gift to CrossReach, no matter how much or how often, you will be helping us to change and save even more lives. That also makes you a part of our amazing CrossReach family with exclusive benefits. To start your journey with us, simply scan the QR code with your camera.



crossreach.org.uk/support-us

- A £10 gift could buy colouring pencils and pens for children to enjoy in our Prison Visitors Centres, keeping their family connected.
- A £25 gift could allow a child affected by their parent's substance use to take part in activities to build self-esteem and confidence.



The Church of Scotland
Social Care Council

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