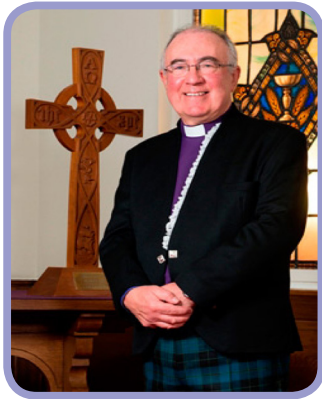


## Moderator says 'care offered by CrossReach is love incarnate'



Writing for *The Scotsman*, the Moderator of the General Assembly Rt. Rev. Dr. Angus Morrison said that CrossReach is 'the epitome of what the Church means': "In November, I will take part in CrossReach Week – an annual event during which the Church of Scotland recognises and celebrates devoted service rendered 'in Christ's name' to others. Through CrossReach, the Church of Scotland is one of the largest providers of social care in the land, recognised by local authorities and regulators as being of the highest quality. Social care is a vital part of our society. Our commitment to human rights places a justified priority on equality, yet some people in Scotland today still face barriers which threaten to prevent them from participating as equals in the life of their community. Social care is about overcoming those barriers – whether illness, disability or another

circumstance – so that everyone has choice about, and control over, the way they live their lives. For me, CrossReach Week is an opportunity to reflect on the phenomenal service being given by those working in social care. Through CrossReach, the Church of Scotland has been involved in social care for nearly 150 years, evolving to meet the changing needs of our society. Many thousands of lives have been transformed by this dedicated and determined service, people have been enabled to contribute to, and enrich, their communities. CrossReach's work in social care is a demonstration of practical, neighbourly love: love incarnated in the places where people most need such love. This is the motivation for the work of CrossReach and for the church's involvement in social care. It is an expression of our faith. The local church shares this motivation, and so my hope is that we can draw on the experience of CrossReach to make a positive difference in society. Social care is a means of liberation and empowerment, without it our society would be so much poorer."

- CrossReach and Social Care Sunday is on 15<sup>th</sup> November. The Moderator has recorded five video clips for use in worship services. You can download these at: [www.crossreachevents.org.uk](http://www.crossreachevents.org.uk)
- There is also Starters for Sunday written material with readings, hymns and prayers which you will find at: [www.churchofscotland.org.uk/startersforsunday](http://www.churchofscotland.org.uk/startersforsunday)

## Alison's 'marathon' fundraising for Auchinlee

Having climbed Mount Kilimanjaro to raise funds for Alzheimer Scotland, Alison Millar turned her attentions to raising funds for a care home close to her heart - CrossReach's Auchinlee in Campbeltown. Auchinlee (a specialist service for people with dementia) became home to her 'Grandpa' in April 2014 and Alison was impressed by the quality of the care he received. Keen to show her appreciation, she booked a place on The Great Wall Triple Challenge (featuring travelling to China to run 2 half marathons, cycle 93 miles and trek 31 miles along the great Wall in 6 days). And so her fitness regime, training and fundraising began. All was going well until March this year when Alison received word that the trip had been changed to a trek-only. Not wanting to let anyone down, she decided there was only one thing to do – create a personally organised event featuring an equally gruelling challenge and she came up with the following programme:

14th October: run the Mull of Kintyre half marathon.

15th October: cycle the Mull of Kintyre Bike Ultimate 66 mile route

16th October: travel to London and fly to China

18th October: begin a 5 day (31 mile) trek along the Great Wall of China

31st October: run a 2nd Mull of Kintyre half marathon



At the heart of all this is the care and support Alison's grandfather is receiving:

"Seeing the dedication, commitment and patience offered by every member of staff at Auchinlee has made me determined to raise as much money as I can to ensure the fantastic service offered can continue. Every time I visit my Grandpa, I am delighted to see just how much interaction he gets on a daily basis. He is so well looked after by the staff, as a family we couldn't want for anything more." We look forward to reporting how Alison got on!

## Achieving the Possible

“Discrimination comes in all guises.” says Allan Marshall, Deputy Manager of Morven Day Services in Kilmarnock: “I was chatting with one of the people we support who had recently moved. ‘How’s the new flat?’ I asked. ‘Great,’ he said, ‘the heating works, and the landlord’s great – although not that I’m discriminating, but he’s fae Glesga’.” While that comment was made with a nod and a wink, it’s clear that discrimination is not always apparent – at least not as apparent as we may think. Allan continues: “We were really excited when



Deborah and Tracy (who are supported by Morven) approached us to explore the possibility of organising an event to promote Scottish Mental Health Awareness Week. Deborah and Tracy wanted to use it to challenge the stigma surrounding mental health issues in a positive way.” Funded by S+C Engineering, the exhibition was held from 5th - 9th of October and filled the North West Kilmarnock Area Centre with colourful expressions of creativity and a taste of some of the support activities available at the service. A special event opened by Councillor Jim Todd, Provost of East Ayrshire and attended by members of the public, Councillors, health professionals and people from the service, was a clear demonstration of

what can be achieved when opportunities are given. What does Allan feel was achieved? “It confirmed to the organisers that they had the ability to pull off an event to the same standard as people who do not have the challenges they face. It showed there is creativity within us all if we dare to give it a try, and it gave us a chance to build links with new contacts and professionals. Did we tackle discrimination? Did we challenge stigma? Well, we certainly gave everyone something to think about whilst the people involved learned they can achieve so much more than they thought possible with a lot of effort and a little support.”

## CrossReach Counselling moves one step closer to the digital age

Back in January 2015, Jackie Walker, Manager, Bluebell Postnatal Depression (PND), CrossReach Counselling, met with Sue Scotland, Industry Health & Care Engagement Manager, the Digital Health & Care Institute (DHI) to discuss the need to develop an online treatment system for sufferers of Perinatal Mental Illness using purpose built secure software to enable the delivery of online counselling. DHI was established by NHS24, University of Edinburgh and Glasgow School of Art, and co-creates sustainable economic growth through new products, services and systems developed together with businesses, academics, healthcare specialists and citizens.

*Stage One approval for the DHI Innovation Cycle:* in October we were delighted to be told that our Stage One DHI Application had been approved and our proposal is now considered to be in the DHI Intake Process. This is a brand new adventure, and a very exciting opportunity to set up a new software platform to provide both counselling and therapy, and counselling supervision, securely and confidentially via the internet, to wherever a client lives. If we are successful in the next stage of the DHI process, it could be the first of its kind in Scotland, bridging the void created by geographical restraints, time limits, and social stigma. As digital health and internet usage continues to grow, the demand for and interest in online counselling also expands. CrossReach has been delivering specialist treatment for perinatal mental illness for 27 years and the demand for our service has grown exponentially. Currently we can only help people locally, but given our high level of expertise, our business resources and our background on research into perinatal mental health, our team would be a perfect forum for bringing about this new online treatment system to deliver healthcare securely and efficiently. We will let you know how we get on!



**Get alongside us with a ‘Reach Out’ Gift**  
Find out how in our Christmas catalogue.  
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