

CrossReach Week 2016 - be part of it!



CrossReach Week 2016 takes place from Sunday 9th to Saturday 15th October. The Moderator of the General Assembly Rt. Rev. Dr. Russell Barr will spend a week travelling around the country visiting a number of CrossReach services. Because of his particular interest in tackling homelessness, the Moderator will spend time at Kirkhaven in Glasgow's east end which offers supported accommodation to homeless people. It focuses on those with long-standing addictions and/or mental health problems who have often been excluded from other homeless provisions. Service Users can stay in Kirkhaven for up to two years. Sunday 9th is 'CrossReach and Social Care Sunday' when churches are asked to

remember the work of CrossReach and other social care agencies. The final event on Saturday 15th will be a Social Care Mission conference aimed at helping churches which are planning to start a social care project.

● For the latest updates about CrossReach Week go to: www.crossreach.org.uk

Early Years Minister visits Daisy Chain

CrossReach's Daisy Chain Project in Glasgow recently welcomed Minister for Childcare and Early Years, Mark McDonald MSP. In 2016, the service was successful in receiving part-funding from the Scottish Government Children, Young People and Families Early Intervention Fund. Keen to talk about growing up in Govanhill, the benefits of play and the accompanying wide range of support the service offers, Paul Gilroy (Head of Service) and Liann Weir (Service Manager) took time to discuss the developments at the service since it opened in 2012. The need for good partnership working across all sectors to set the conditions for early



education were highlighted coupled with the need for effective support for young parents. CrossReach Daisy Chain Early Years Project began as a pilot to bridge the gap between communities in Govanhill and also to offer support to families with young children living there. One of the mothers shared that she could only describe Daisy Chain as a 'blessing' which had changed her life and that of her children in a way which she had not imagined possible. Mr. McDonald commented positively on the way in which Daisy Chain helps families of different faiths and cultures to come together through play and make good relationships within their communities.

Take on the Moderator's Golf challenge!

There's still time to enter a team in the Moderator's Golf Challenge on Thursday 22nd September at the Royal Burgess Golf Club in Edinburgh. Rt. Rev. Dr. Russell Barr, Moderator of the General Assembly, decided that the Moderator's Challenge this year would be golf related and raise money in aid of CrossReach's Children and Family Services. Dr. Barr was a schoolboy golf champion and had aspirations to be a professional in the sport before going into the ministry. The cost for a team of 4 players is £270, which includes bacon rolls on arrival, a four-ball round of golf and a three course lunch. There will also be a special auction with fantastic lots - and all the proceeds will go towards helping children and families across Scotland. So book your place today at: www.crossreachevents.org.uk



Why listening in 2016 is so important

This year in Scotland 1 in 4 adults and 1 in 10 children will experience a mental health problem. An experience of mental ill-health such as anxiety or depression is not an unusual reaction to life events and is being increasingly recognised as such. For organisations like CrossReach which are involved in supporting people to recover from mental health issues, this represents huge progress. When people recognise that what they are experiencing is normal, even common, the stigma surrounding it is reduced, and they feel able to ask for support. To build on this progress, the mental health support service Breathing Space have made 2016 the Year of Listening because 'listening, and being listened to, is good for your mental health'. It helps you feel connected to other people and contributes to feelings of self-worth, self-confidence and happiness. There is no doubt that this is borne out by our experience. Reflecting on his time at our Sunflower Garden service in Edinburgh, which supports young people affected by parental substance use, one young person concentrated not on the activities on offer, or the fun he had, but touched on something much deeper - that need within us all to be heard and understood: "I have been listened to. Come to Sunflower so that you know you are not alone." We know that listening helps with healing from past and present hurts; but we also recognise that it has an important place in shaping the future. The Year of Listening campaign is aiming to make an impact on positive mental health and to challenge all of us to be better listeners, at home, at work, and in our friendships. Let's make sure that the Year of Listening has a lasting impact on the way we think about our mental health, and on the way we support each other to overcome issues like stress, anxiety and depression, both at home and at work.

● Read the full article by Viv Dickenson, Director of Children & Family Services at: www.crossreach.org.uk/news

'Sweet' memories at Morlich House!

Two years ago, Morlich House residential home in Edinburgh converted their old garage into a 1950s room and kitchen. Since then, creative inspiration has resulted in more new developments. A 1950s street became the next part of the project, complete with Post Office and sweet shop fascia. This summer, the sweet shop finally opened and has caused huge excitement for the residents who will be running the shop. One of the decisions they took was to impose a daily ration scheme of 2oz per person – just as it would have been in the fifties! Staff and family members can also access the sweet delights by making a cash purchase. Sweet memories indeed!



Allarton is on the move

Allarton, which has provided supported living for the past 25 years from its base in Laurel Street in Glasgow's West End, is on the move. This autumn, staff and service users will relocate to a new build a short distance away. Roy Mackinnon is acting Service Manager: "While Allarton is a great service, the building from which we operate is no longer of the standard we require. Back in 2010, we approached Partick Housing Association to seek a partnership to provide a purpose built Allarton for the provision of supported living services for 14 people with mental health issues. Now, six years later, staff and residents are looking forward to moving into the new accommodation in Broomhill Gate. There were, of course, mixed feelings as many of the people have lived in our current building for quite a long time and were fond of the garden and the access to local facilities. However, the new house is only 5 minutes' walk from our current location and close to local shops, so residents will also still have easy access to the same services such as doctors and dentists. Service users have been actively involved in making choices about decoration and furnishings for the new building. It's a very exciting and busy time for both staff and people using our service as they anticipate blending the great quality support Allarton is known for with the much improved accommodation."

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