

Head Start

Spring 2018 issue

Crossways Community is a Christian charity based in Tunbridge Wells providing residential care and support for adults with acute mental health issues.

Kent Charity Awards

Thursday 15th March was a big night for Crossways as we won Supporting Services Charity of the Year at the prestigious Kent Charity Awards. Crossways won the award against stiff competition from a number of other illustrious and brilliant Kent charities. The photos show Chris and Ellie Andrews receiving the award at a glittering reception held in Gillingham. The award is a testament to all the skill and dedication of the Crossways staff and volunteers. It is fantastic to receive external recognition for the hard work that goes on every day at Crossways.



Chris and Ellie at Kent Charity Awards

Chloe's success in Hastings Half Marathon

Hastings Half Marathon was held in difficult weather conditions but runner Chloe Keen ran in a personal best time of 1:57:55. This was all the more impressive when taking into consideration the dismal winter weather which left only two thirds of the entrants managing to complete the course. As a member of Wadhurst Runners, Chloe is currently training for the Paddock Wood half marathon and the Brighton Marathon. Good luck Chloe!



Chloe with her medal



Chloe



London Marathon

James Finlayson has just completed the London Marathon in a very respectable time of 5:34:53 and in the process raised a whopping £1,900 for the Camden Road project. Congratulations to James for an amazing achievement.

It was James's first marathon and Crossways' first allocated place in the race and we are grateful to everyone who has contributed to the success of the day.

Afterwards James said "I didn't do it in the time I wanted but I'll blame the (unusually warm) weather for that! I never expected to raise that kind of money so thank you so much for all those of you who have donated."



James Finlayson



MHR

Our friends at Mental Health Residential Limited continue to do good work with their residents. At their recent CQC inspection they were judged Good across the majority of areas. The inspector was impressed with many aspects of the care they give and particularly remarked on how the collaboration with Crossways was helping MHR in its desire to improve even further.

Paul Cobbold has worked at MHR for nine years and became manager in 2014. At the moment Paul spends his spare time walking his new Labrador puppy, Hector.



Paul Cobbold

New trustees

Our trustees play a key role in leading Crossways and shaping its vision and mission. We are delighted that four new trustees have joined the Board recently. Nikky Goozee is a retired local GP, Boris Skulczuk is a banker in the City, John Handley is the CEO of local charity The Bridge Trust and Eleanor Grey is a barrister. Collectively they bring a wealth of experience and insight to the Board at this strategic time for Crossways. Our new Chair of trustees is Dr James Thallon who has been on the Board for many

years and has had long experience of working with Crossways. We are so grateful for all the hard work and expertise that our Trustees give to Crossways.

If you are interested in becoming a trustee of Crossways or would like to volunteer in any other capacity then we would love to hear from you. Please contact Chris on **01892 543290** or at chris.munday@crosswayscommunity.org.uk



Nikky Goozee



Boris Skulczuk



John Handley



Eleanor Grey

New Staff



Helen Turk

Helen recently joined the staff team at Moxham House. With a background in customer service, management and beauty therapy, Helen brings a wealth of experience and skills to her new role as support worker.

Tracey says: It was in 2001 when I first heard about Crossways as an organisation and a few months later I found myself employed as a part time support worker at Number 8, now renamed Moxham House. During the years that followed, I enjoyed the work so much that I could think of no reason why I would ever want to leave and therefore envisaged staying until retirement, some years down the line. However, in the Spring of 2010, my 18 year old daughter, Kez, was diagnosed with cancer in her windpipe. So my working days at Crossways came to an abrupt end as I couldn't care for Kez as well as work.

Kez died in January 2012. This was sad for all the obvious reasons, but joyful because soon after her first operation Kez got 'saved' so I knew she had gone home to her Heavenly Father.

The past six years have passed by very quickly. I worked for a humanitarian aid organisation as a full time volunteer for around a year and have spent the rest of the time helping a friend with her children, garden and housework. I bumped into Penny Rist last November and something she said got me thinking about returning to Crossways.



Tracey Hayter

After much prayer and soul-searching, I find myself back here in the workplace and once again, I'm loving it!

Camden Road

As you can see from these photos the project at Camden Road is progressing well. We have appointed SouthStudio as our architects and Wells Construction as our builders to construct five bed sits for those with mental health issues.

We are also planning to run a community café in the building. This café will be open to everyone but we particularly want to help those in our community who are affected by poor mental health either directly or through the experiences of a friend or loved one. Our café will be unique in Tunbridge Wells because it will be 'less about the cake and more about the conversation'. We intend to provide a setting where great conversations can take place over a cuppa. That's why we have chosen to call this café 'The Kitchen Table' - because that is the place in homes where the best conversations happen.

We're now looking for people to help us in this exciting venture. So please get in touch if you would like to help in the café and do pray for its success. If you would like to support this project financially then details of how you can give are on the back page of this Head Start.



Shop window



Cafe area



First floor passageway



From Bedroom 4, looking downstairs to the lounge

Congratulations for qualifications gained

All members of staff attend regular training sessions and several are currently studying for NVQ level 3 in Health and Social Care.

Recently Penny Jones, the registered RMN at Moxham House gained her Level 5, and registered Manager Penny Rist achieved her Level 7 (equivalent to a Masters Degree).



Penny Jones



Penny Rist

Winter events

The winter months at Crossways were marked by a series of events which have now become regulars on the Crossways calendar. In November, some staff and residents attended the Remembrance Day Service at the War Memorial in Tunbridge Wells, laying a wreath along with other town wide organisations.

We celebrated Christmas at Crossways with an informal Carol Service which was great fun; Culverden Evangelical Church was packed full of people singing along with the Crossways singers and musicians. Staff member Rev Sue Fauchon-Jones gave a devotional talk and the evening was rounded off with seasonal refreshments.

Light entertainment was added to the festive season by theatre company Tickled Pink's performance at Moxham House. Back by popular request they lead a merry romp through many well-known Christmas songs and traditional carols and everyone enjoyed a marvellous buffet.

We held our annual Thanksgiving Service in March when over 70 people gathered to sing and to listen to Rev Helen Warmington speak about the Image of God. Afterwards everyone enjoyed a lovely spread of home baked cakes in true Crossways style! Once again we are grateful to Culverden Evangelical Church for hosting us.

The photographs show some outdoor activities which were enjoyed by residents and staff.



Group photo in Canterbury



Fun in the snow

Supporting the work of Crossways Community

Crossways Community is very dependent on the support of our friends. We greatly appreciate the help that many people give us in our work with people with mental health difficulties. If you feel you can help us or continue to help us in prayer, practically, financially or with your time, please indicate this below. All help, however large or small, is valued.

Title _____ Name _____
Address _____ Postcode _____
Email _____

- ☐ If you would like to become a 'Partner of Crossways' and receive periodic updates for prayer and news of events.
- ☐ I would like to go on the Crossways Mailing List and receive the twice-yearly newsletter
- ☐ I am interested in helping out by:

☐ Yes, I will support Crossways Community in prayer.

☐ Yes, I will support Crossways Community & enclose my cheque for: £ _____

Please indicate whether you wish your cheque to go towards the:

- ☐ General Fund ☐ Mental Health Awareness
- ☐ Crossways Enterprises ☐ Camden Road Project
- ☐ (Any surplus money will go towards the General Fund unless you tick this box)

Please contact us on 01892 543290 if you would like to make a regular gift and receive a Standing Order form.

Gift Aid

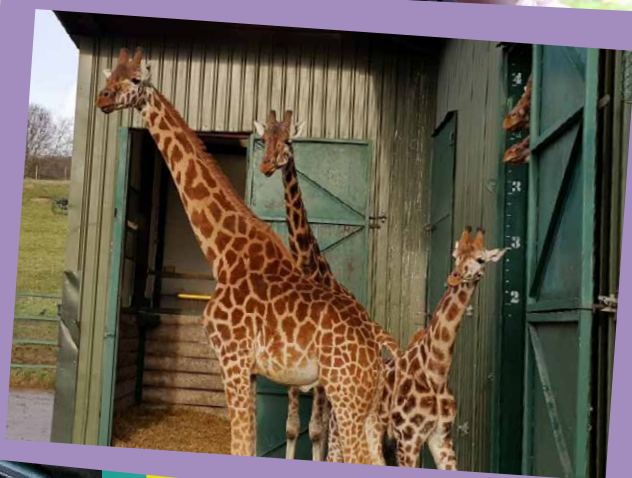
If you are a UK taxpayer, you can make your donation even more generous by completing the Declaration below. You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the Crossways Community reclaims on your donations in the appropriate tax year. (currently 25p for each £1 you give).

Signed _____ Date _____

Privacy: As a supporter of Crossways Community we hold your contact details. Any information you give us will be used for Crossways Community purposes only. We never pass on contact details to any other organisation. If you do not wish to receive further information or news from us please contact us julia.kirk@crosswayscommunity.org.uk or via the contact details on the front page.

Trip to Port Lympne

While there was some major refurbishments going on at Moxham House, a variety of activity days were arranged and enjoyed by both residents and staff. One of the highlights on a chilly spring day was a trip to Port Lympne Wild Animal Park. There were hundreds of animals to see, including lions and tigers, plus a proper safari trip with giraffe, zebra, rhino and many others roaming around.



CROSSWAYS ACCOMMODATION: ● **Moxham House:** a registered care home providing round-the-clock support for 17 residents.

● **Culverdale:** a supported unit for 22 people. ● **Bethel Court:** 6 self-contained flats for more independent tenants.

CROSSWAYS MENTAL HEALTH AWARENESS: running awareness programmes in schools, businesses, churches and community groups.

CROSSWAYS COMMUNITY ENTERPRISES: Practical work experience, helping combat the exclusion of people with mental health difficulties.