

Love Where You Live awards

On 4th October myself, Ray Wood and Antonia Warren attended the Love Where You Live Awards at the Assembly Halls. Crossways was one of three finalists for the Charity of the Year Award out of 64 nominations! Unfortunately we didn't win but we have been awarded a great certificate for being a finalist. Not knowing what to expect, we all really enjoyed the evening with a gorgeous mini buffet and drinks provided. It was great to hear about so many organisations and individuals in our local community who do so much to help others.

Ellie Andrews



Ray, Ellie and Antonia with the certificate awarded to Crossways Community



Ray, Ellie and Antonia enjoying the awards ceremony

Carol Service

You are warmly invited to our **Christmas Carol Service at 7pm on Monday 4th December.**

Everyone is welcome to join us for an informal time of carol singing and bible readings at **Culverden Evangelical Church, 18a St John's Road, Tunbridge Wells, TN4 9NT.**

The short service will be followed by seasonal refreshments, as usual!

Timing. It's everything.

Here at Crossways Community, staff are lucky enough to have a four week sabbatical after ten years of service. It comes round quite quickly. I chose to take mine during June and July of this year. I love the summer months and being outside so it wasn't difficult to choose when to have some time away.

Initially I had planned some time at West Malling Abbey to rest and recharge. I wanted to spend time with the Lord at the beginning of the break to set the scene so to speak. The Lord had other ideas, as I have found He often does when I plan things myself. A week before my sabbatical started my brother-in-law was admitted to the Hospice. He had been unwell for some time and had recently been told that he had less than a year to live. He had always been somewhat dismissive of my faith and that of his brothers and had kept us very much at arm's length. His being in the Hospice meant that he finally allowed us to help him.

Those first few days of my sabbatical were spent doing practical things for him and spending time with him. It allowed us to talk in a way that had seemed impossible before. I was able to share some of the difficulties we as a family had gone through and he was amazed that we had gotten through in one piece. He asked me how we were still so together. I told him it was only our faith in the Lord that had seen us through. For the first time he did not dismiss my comment. He just seemed to mull it over. Over those days I can only hope and pray that he saw God's love for him in what I said and did. It wasn't the start that I had intended for myself but none of it came as surprise to the Lord. He knew exactly when he wanted me to start my sabbatical and what He wanted me to do with the time. It meant I leant right into the Lord as I sought his will and asked Him to help me care for my brother-in-law in a way the truly reflected His love for him. I did find rest. In Him. And where is there a better place to find it. His timing is always perfect!

Ginny Swaffer

Summer holiday visit to Pen-y-dre Farm

During the summer a group of residents and staff from Moxham House enjoyed a week's holiday in a converted 17th Century coach house on a farm near the pretty market town of Abergavenny in Wales. Set in the picturesque Black Mountain area, Pen-y-dre is a working farm with a variety of animals on the doorstep who enjoyed the company and attention of everyone.

As well as the regular farm animals, including dogs, cats, hens (complete with chicks under wings), ducks, rabbits, guinea pigs, ponies and pigs, the menagerie included a couple of alpacas who were very friendly. Everyone commented on how peaceful it was at the farm and how being able to wander amongst the animals added to the sense of calm. A trip to a local waterfall was mentioned as a highlight of the holiday as well as all the good food and getting a good night's sleep! Everyone enjoyed it so much that they hope to go back again.

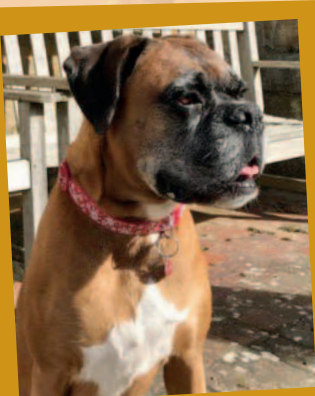
The role of animals in healing has long been acknowledged and recently Culverdale bid a fond farewell to one of its treasured visiting dogs, Cassie. Her owner, support worker Natalie, said "Cassie was a comfort to those who needed to feel the warmth of another being, she was a gentle distraction for those who found the present a little difficult to handle, she was a good incentive to go outside and feel the fresh air".



Pen-y-dre was very relaxing



A friendly Alpaca



Cassie

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.

Data Protection: 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.

☐ 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 _____

Into the Woods!

Friday 30 June was a special day for all of us at Crossways as that was when we held our Golden Anniversary Party at Woods Restaurant. With its quirky décor and period fittings Woods has a wonderful old fashioned feel. That fitted in splendidly with us as we looked back over 50 eventful years. As you can see from the photos, as well as current staff, residents and trustees we also welcomed many friends, ex-residents, supporters and family members to the party.

Many guests had been involved with Crossways for many years so there was a lot of catching up to do. Over the hubbub of voices one could occasionally hear the dulcet jazz tones of the Bob Bernard Duo. We were delighted that our Chief Executive from a few years ago, Martin Grainger, was able to cut our very gooeey 50th celebration cake. As a token of our thanks to all our devoted supporters we gave them all one of our splendid 50th anniversary pens. It was a fantastic event and a highlight of our wonderful 50th Year.



Martin and Chris with the celebration cake



A lovely buffet lunch was enjoyed by all



Katherine and Richard



Meeting up with friends

Crossways Community • 8 Culverden Park Road, Tunbridge Wells, Kent TN4 9QX • Tel.: 01892 543290 • Registered Charity No. 1007156

www.crosswayscommunity.co.uk

Recognising potential, encouraging independence, achieving self-worth

It all adds up!

In order for us to support our residents as well as we do requires Crossways to have a strong financial base and so I thought you might like to know better the figures behind our work:

£3,000 – what it costs to run Crossways each day.

48 – how many residents we can house across **5** different homes.

38 – how many staff we employ - some full time, some part time but all of them committed to helping people with mental health problems helped by **9** trustees and a gang of willing volunteers.

1,260,000 – our income last year which is an increase of over **13%** on the previous year and which puts us in the top **6%** of charities by income. As a not for profit organisation any surplus that we make is ploughed back into our work so we can help more people with mental health problems.

£11,000 – our income from donations last year. We are very grateful to our supporters who give so generously to us.

2,000 – that's how many adults and young people received our mental health awareness courses last year and we're involved with **19** local schools.

New Staff members: Keith, Ray, Elaine



Keith Waters

I was born in Tunbridge Wells where I live with my wife and we have two daughters who also live locally.

We recently welcomed support worker Ray onto the staff team at Moxham House. Prior to coming to Crossways, Ray worked for 16 years for Avenues Trust so he is no stranger to Crossways or this line of work. As well as his valuable experience in the area of mental health, Ray has also previously run his own business. Ray's hobbies include music, sport, dog walking and spending time with his family.



Ray Bailey

After leaving school, I joined the GPO which later become British Telecom and I worked in a variety of technical roles and studied electronics. During my career I was fortunate to be involved in the development of a number of the technologies that are now in everyday use including cordless and mobile phones and fibre optic systems used for high speed broadband.

After almost 41 years with BT I felt it was time to move on

to new pastures and I decided that I would prefer not to work for another large corporate company but felt that I would like to work in an environment where the emphasis was on helping people but still with the opportunity to put my practical skills to good use.

I believe that God had a plan for me and I saw an advert at our local church for the caretaker's role at Crossways and I was subsequently offered the job.

Elaine worked on a temporary basis for Crossways Community back in 1995, and liked it so much that when she retired recently, Elaine returned to Crossways as a volunteer! With a background as a registered nurse, and having worked for 22 years as a Care Consultant/ Administrator for Consultus Care and Nursing, Elaine brings a wealth of experience with her.

Elaine volunteers for two afternoons a week and is involved with several activity groups, particularly doing garden maintenance; saying she has always been impressed by the relationships between the residents and staff and is getting to know everyone.

Elaine is also an active member of New Life Church where she runs a craft group on Saturday mornings, and her hobbies include swimming and family history.

We are very grateful to Elaine for volunteering for two afternoons a week and everyone is very appreciative of the time she gives to Crossways.



Elaine Davis

I have now been with Crossways for almost 5 months and am really enjoying working for the benefit of the residents and taking on the wide variety of tasks that arise.

When I'm not working I spend my leisure time with friends and family and also enjoy reading and building electronic projects. I serve on the PCC and am church warden at St Peter's church in Tunbridge Wells where I also help with various maintenance jobs.

Sporting successes

Ray and Mo enjoyed a highly successful 2016-17 football season in the Kent Disability League, culminating with their team winning the Premiership Trophy.



Julia with her gold medal

A huge Well Done to Hope, Marie and Rosie who completed 5k in the Big Fun Run at Mote Park in Maidstone, with all three receiving medals for their achievement.

And Julia again won a gold medal and retained her national title at the British Adult Gymnastics Championships.

Crossways Community has been a given a place at the London Marathon in 2018 and James Finlayson was the lucky winner of the ballot of those who offered to run. James will be setting up a Virgin Giving page for those who would like to support us financially. Please be generous in your support as James will be giving his all on the day to raise funds for us! Meanwhile we will be thinking of James as he trains through the winter months to be ready in April...



Ray and Mo holding their league trophy



Hope with her Big Fun Run medal



James, our 2018 London Marathon runner

Tunbridge Wells in Bloom awards

Our gardeners have been doing well as they received three awards at the Tunbridge Wells in Bloom awards: two silver and one silver gilt. Silver gilt for best business grounds, silver for best community allotment/garden and silver for best community allotment/garden. Well done the gardeners.

Do you know someone who could give us a couple of hours a week to help at Crossways Enterprises? Debbie and the team would like to offer some more gardening opportunities but really need a volunteer to help them with this. Training and expenses would be provided so if you might be interested please contact Debbie on **01892 537608** or email debbie.moon@crosswayscommunity.org.uk



The colourful flower display at the entrance to Crossways Community

A new partner!

We want to help more people with mental health problems and so we are delighted to be collaborating closely with another local charity: Mental Health Residential (MHR). Crossways and MHR now have common trustees and Chief Executive Officer. MHR have a long tradition of helping those who are mentally unwell and we are delighted that the two organisations will be sharing expertise, knowledge and support for the benefit of all our residents.

New project in Camden Road

We're growing through the acquisition of a new building in the centre of Tunbridge Wells. We have bought an old pet shop at 17-19 Camden Road and have obtained planning permission to convert it into a community facility on the ground floor and supported accommodation on the upper floors. This is a really exciting project and marks our first venture away from

our Culverden Park hub into the town centre.

Too many people in our community suffer from poor mental health – our Camden Road project will provide these people with friendship, advice and help in a welcoming Christian environment.

This project is a huge challenge for us financially – we need to raise over

£200,000 – but we believe it is vital for the wellbeing of our community.

Will you join with us to meet this challenge? Will you pray for the success of this project or can you donate your skills, time or money? Details of how you can support us are on the back page of this Head Start and thank you for your support for the work here at Crossways.



A spacious interior for our new project.



A possible community facility with access from the high street

Party at the Spa Hotel

As part of our 50th year celebrations, we held a party for the staff and trustees at the Spa Hotel in Tunbridge Wells. This was to say a big thank you for all their hard work over a long period of time and for their contribution in making Crossways the organisation it is today. Everyone enjoyed a lovely meal in a glorious setting, followed by dancing to the excellent band Jonah's Wail who are becoming a regular fixture at Crossways' events!



A splendid dinner at the Spa Hotel



Jonah's Wail in full swing



Like all good parties there were some interesting shapes being thrown on the dance floor



Thank You to Stefanie Tegelaars

Trustees of Crossways Community

Crossways wouldn't be able to run as efficiently as it does without its hardworking Board of Trustees, and we are all extremely grateful for all the skills they bring and the time they devote to the strategic planning of the organisation.

Recently we were sorry to see 3 Trustees standing down: Alan Goreham, Angeline Selvadass and Stefanie Tegelaars (Chair) have stood down from the board after faithfully serving Crossways for a number of years so we'd like to say a huge Thank You to them for their contribution.

We are delighted to welcome new board members John Handley, Boris Skulczuk, Eleanor Grey and Nikky Goozee who have taken up the reins and we look forward to working with them as the future unfolds.

If you are interested in becoming a Trustee of Crossways or would like the opportunity to volunteer in any other capacity, then we would love to hear from you. Please contact Chris by phone **01892 543290** or email chris.munday@crosswayscommunity.org.uk

The Trustees and Managers of Crossways gather to greet the new trustees and to say adieu to those standing down

