

Head Start

Autumn 2019 issue

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

We have just agreed our accounts for the last financial year and so here are some of the numbers which made last year so special...

5 more homes built as the flats at 17 Camden Rd are completed – we now provide homes for over 50 people

92 percentage of visitors who told us their mental health improved when they visited the Kitchen Table

2000 local children who received input on building resilience from our schools' team

7 new members of staff who joined us

1 new trustee joined the Board with two more joining this Autumn

60+ the number of art and craft sessions our residents enjoyed this year

30 number of years with Crossways our longest serving employee, Steve Howcroft, celebrated this summer

250+ coffees and teas the Kitchen Table is serving to our community each week along with an opportunity for people to chat

100+ pieces of furniture transformed in the Enterprises upcycling workshop and sold on for a new purpose

£1,366,993 our income last financial year



Some members of Crossways' staff team

Mission, Vision and Values

As part of our modernisation we have been working across the organisation on our mission, vision and values. Defining, understanding and living out our mission, vision and values is so important if we are going to progress and grow as an

organisation. They will shape the decisions we make about our future; they will tell the outside world what we are about and what we think is important and they will affect how we operate at work.

So here is our new vision (the world we want to see), mission (how we are going to help realise that world) and values (the behaviours we think are important) plus a new pithy strapline:

Vision

Our vision is of communities where people with poor mental health are not alone, but receive the care, respect and support they need.



Mission

We are inspired by the love of God and the example of Jesus Christ:

- to deliver care and support to people with poor mental health – recognising potential, encouraging independence, and promoting self-worth
- to combat the exclusion and stigma often experienced by people with poor mental health
- to promote improved mental health in the community through information and education.



Values

**We trust in God.
We act with integrity.
We are embedded in our community.**



“ Working for better mental health in the community ”

Maidstone raiders awards

Congratulations to Charlie, Kurt and Hope who received medals and trophies at the Maidstone Raiders football team end of season awards. Charlie and Kurt both received the 'clubman' award for their contribution to their teams: Charlie for commitment and Kurt for most improvement. Hope also received the award for most improved player in her ladies team.



Charlie, Kurt and Hope with their awards

Zoo Lab comes to town...

Animal assisted therapy is recognised as being beneficial to wellbeing and we experienced a fine example of this when Zoo Lab recently held an animal workshop at Moxham House. Residents and staff listened to ranger Lauren who gave us lots of background info for each individual animal plus the chance to handle or stroke the animals for those who wanted to. The list of characters started with Nellie, a giant snail destined to grow as big as a football, and included Steve, a hissing cockroach, and Snoopy, an American corn snake who everyone agreed had beautiful markings even if they don't like snakes! One animal who stayed safely in her travelling box while we just looked, was Penny, a rose tarantula. The animals were all rescue cases who are now cared for by Laura and it was amazing to be able to get up close to them and hear so much about them. Some of the facts we learnt were quite intriguing, though there's still the hope that maybe next time there might be one or two cute fluffy ones...



Zelda the giant millipede



Nellie



Snoopy the Corn Snake

Students visit from Hoornbeeck

September saw the annual visit of students from Hoornbeeck college in the Netherlands. We still can't speak any Dutch but the students always impress us with their English and their enthusiasm for learning about Mental Health care, which the college specialises in.



Hoornbeeck students

Culverdale holiday to North Wales

On a crisp sunny morning on the 17th June, six residents and two team members gathered at Culverdale at 7am! Blear eyed but filled with excitement and anticipation for the great adventure awaiting us, the air was filled with conversations of excitement, laughter and joy!

During the walk down to Monson Road, we continued the conversations of what was waiting for us in the week ahead. The coach was pretty much on time and with suitcases loaded we were on our way to Llandudno, North Wales (before circling Tunbridge Wells a couple of times!) to the Bay County Hotel on the sea front and looking forward to enjoying an evening meal. Mike was our coach driver for the week and being a local and having a thirst for history, we were never lacking in learning about the area and what it has to offer.

Llandudno did not disappoint us as we enjoyed the fantastic resort with a full day's scenic tour across to Anglesey, crossing the Menai Strait and visiting RAF Valley and some pretty villages. We also visited Llanberis at the foot of Wales' tallest mountain, Snowdon and Llyn Brenig, at the heart of the Denbeigh Moors. The reservoir here is surrounded by beautiful forest and we were free to enjoy the many cycle paths that surround the area and the visitors centre for a quick snack. Visiting Penrhyn Quarry offered heart stopping views and watching people on zip wires travelling at a top speed 125mph. We also enjoyed refreshments at the restaurant. With such a fast-moving holiday it was good to know that there was a day set aside for rest and leisure. For some of us there were many options for things to do in Llandudno and the

surrounding area, from strolling along the promenade to riding the Victorian Tramway to the summit of Great Orme for fantastic views of the North Wales coast, visiting the pier and walking the Alice in Wonderland trail.

Looking back, there were many highlights of the holiday and lots of laughter, especially at meal times. One of our group even paid the chef a visit in the kitchen! Some residents found their way to the hotel dance floor, others dipped their toes in the sea and some just took some much needed time out.

Friday came all too quickly and it was time to say goodbye, it was difficult to believe that 5 days had gone so quickly. The coach journey back gave us good time to look back on what was a fantastic holiday.



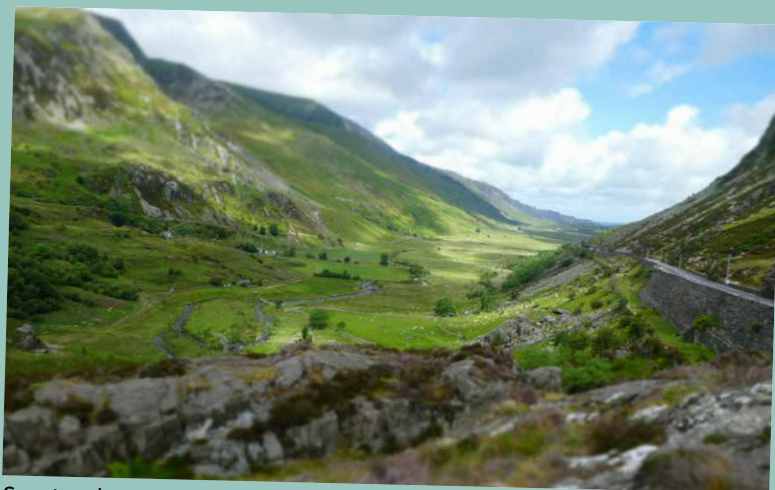
Some of the Culverdale team on holiday

“Great memories of great times had, and a twelve hour journey. Memories that will last a lifetime.”

“I loved the adventure, especially the boat trip.”

“Amazing people.”

“Spiritually healing journey.”



Spectacular scenery



Enjoying the view

Trustee Mary Tuckwell

During my ten year association with Crossways (nine as a trustee and one as a volunteer with Crossways Enterprises) I have grown to love the place more and more. It really is a privilege to re-join the Board.

I'm looking forward to retiring from my job in a local general practice next year. Meanwhile, I enjoy walking holidays with my husband Gareth, gardening is a passion and I love creative crafts, particularly with our grandchildren.

I'm excited to see God's plans and purposes for Crossways unfold and very much look forward to meeting more of you.



Mary Tuckwell



Amy Perkins

Trustee Amy Perkins

I'm excited to be taking on a new role with Crossways as a Trustee and am very much looking forward to getting to know everyone and working with the team.

I currently work for Great Ormond Street Hospital Charity in the Corporate Partnerships team. I've had a varied background having begun my career in broadcasting, working for BBC Sport and BBC News and more recently I worked in marketing for a small Creative agency.

In my spare time I can be found going on long walks in the countryside or trying my hand at a bit of DIY! I also love music and play the bass guitar. My husband, David, and I are members of Vine Evangelical Church in Sevenoaks.

Kitchen Table

The Kitchen Table, our Café on Camden Road, has welcomed many people over the summer and is now open 5 days a week, Tuesdays to Saturdays 8am-4pm. Do pop in to say hello and try some of the tasty homemade goodies on offer. If you have some time to give as a volunteer, please do consider joining our great café team, we'd love to hear from you.



Rosie at the Kitchen Table



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 _____

- ☐ I would like to go on the Crossways Mailing List and receive the twice-yearly newsletter.
- ☐ I would like to receive periodic updates for prayer.
- ☐ I am interested in helping out by:

☐ 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
- ☐ The Kitchen Table

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.

Summer BBQ

In July we held a hog roast in the garden for everyone at Crossways to enjoy with friends and family. Luckily the sun shone and we were able to fully enjoy the star attraction- wonderful ice creams from an actual ice cream van actually parked in the garden!



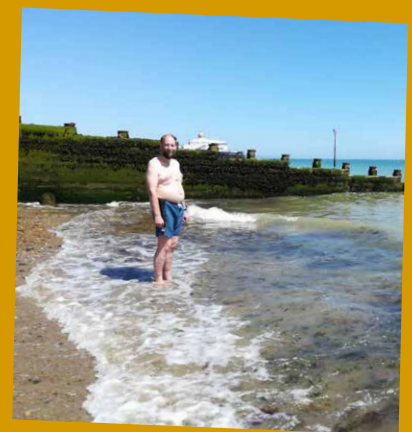
Hog roast

Trip to the Seaside

The glorious sunny weather provided some great opportunities for trips out. Some residents from Moxham House visited Brighton and had a great time relaxing on the beach, paddling, swimming and then enjoying seaside refreshments of course!



Relaxing on the beach



Paddling in the sea

A Culverdale day out on The Kingfisher

In July a group of ten residents and two members of staff had a fantastic day out on the River Medway aboard The Kingfisher. Setting off from the Medway Wharf marina, we motored towards Maidstone taking in the beautiful scenery and wildlife along the riverbank. The crew were great and offered all who wanted to steer the boat and operate the locks (and none of the lock keys was lost in the river!). On discovering that the river was closed further upstream, we turned around and ventured back downstream to Teapot Island in Yalding where we stopped for lunch. The boat is run by a friendly group of volunteers and we can't thank them enough for their kind hospitality and the many happy moments we shared.



Aboard The Kingfisher

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. ● **Camden Road:** 5 studio 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.
THE KITCHEN TABLE: Our community Café in Camden Road, open to all.