

Head Start

Spring 2019 issue

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

The Kitchen Table

The Kitchen Table café in Camden Road, Tunbridge Wells was officially opened on Thursday 7th February to coincide with national Time to Talk day. We want to support people in our community who live with poor mental health so our aim is for the café to be a good place to come and chat. After many months of works on the building and setting up, we are now baking and open for business! Everyone is welcome; Michelle's cheese scones are legendary so do come in to enjoy some refreshments.

The first couple of months have been very busy at the café with the initial interest from customers far exceeding our expectations. We are hugely thankful for our volunteers who help out regularly – we couldn't manage without you! If you are interested in giving some time and joining our café team then please do get in touch with us. If you have other skills that you would like to offer then we would love to hear from you as there are opportunities for volunteering across departments of Crossways Community.



Everything is ready...



Opening Day



Michelle and volunteer Mo

Events 2018

November was a busy month with a fundraiser baking competition held for Children in Need which raised over £100.

Residents and staff attended the annual Remembrance Service in Tunbridge Wells, laying a wreath in memory of all those who have given their lives in war.



Pudsey and friends



Pete, Kurt and Charlie

The Christmas season seems like a long time ago now, with all its busy-ness and special outings and events. Residents and staff from Moxham House enjoyed a trip to Rochester market, and likewise a group from Culverdale ventured all the way to Bath for a successful day out at the Christmas market there.

Carol singing was held at both houses with both events being very popular, maybe something to do with the delicious Christmas fayre on offer!



Singing Carols around the Christmas tree



Rochester Christmas market

Thanksgiving Service

We held our annual Thanksgiving Service in March and it was lovely to catch up with friends and supporters and to enjoy a tea party. A big Thank You to the United Reformed Church in Tunbridge Wells for hosting the event and to Rev Helen Warmington who spoke at the service.



Meet our new starters!

Eveline de Wild



Eveline de Wild

Eveline has worked in a variety of jobs and considers herself lucky that she has enjoyed each of them. Even so Eveline says that Crossways is a special place to be.

Eveline describes her job at Crossways

as being “serious work but with a smile and a heart. Every day is different. Everyone brings something different”.

In her spare time Eveline loves to go camping with her two young children, and hopes to do more travelling in the future.



Katy Chenoweth

Katy Chenoweth

As you will see from the photo, Katy loves cats and is looking forward to having one of her own one day!

Before coming to Crossways Katy had a successful academic career including lecturing at the University of Missouri, but Katy found herself becoming increasingly dissatisfied with working in an environment where the emphasis was on being a self-centred and perfect person.

A missionary trip to Africa to work with children showed Katy that her heart really lay with helping people in need and helping them to establish independence.

We are very happy that Katy's journey to find work serving others brought her to Crossways: initially as a volunteer at Crossways Enterprises and now as a support worker at Moxham House. Katy is enjoying getting to know everyone and is looking forward to seeing the difference that can be made in individual lives.

Helly Green

My name is Helly Green and I started as a Support Worker at Moxham House at the beginning of March. After graduating from university, I started work as a caseworker at East Sussex County Council, working with young people who had special educational needs and needed more support with their education. I was particularly interested in, and touched by, the cases of young people who were struggling with their mental and emotional health, so I decided to leave that role and pursue work in mental health specifically. This is my first experience of working with adults and so far I'm thoroughly enjoying it. The staff at Moxham House and the other residences in Crossways Community are a wonderful, caring, supportive bunch and I have had a warm welcome. It has been a pleasure to get to know the residents and I look forward to supporting them to achieve greater levels of independence.



Helly Green

Damon Metrebian

Hi, I'm Damon, the new Community Support Worker for Crossways Community and MHR. I have an eclectic background, having worked in the music business until I was thirty and, more recently as a business development consultant in the technology sector. I moved into mental health support following my own experience of depression. I was so grateful and impressed with the help and support I received from healthcare professionals that I was inspired to emulate their good works. I am thrilled to be a part of this incredible charity, and hope that with God's guidance I will make a worthwhile contribution. I look forward to meeting and getting to know you all in good time.



Damon Metrebian

Michelle Talbott

Michelle has a proven track record cooking in a couple of local cafes, and we are very pleased to have her now on the staff team as Deputy Manager at The Kitchen Table. As a qualified cook Michelle also bakes with some of the residents at Moxham House and so the majority of food available in the café really is fresh and home-made.



Michelle (centre) with Rosie and Chris

Roy retires

After nearly twenty years working at Crossways, firstly as a support worker at Moxham House, and then as a support for those living in Bethel Court, Roy Nicholson retired at the end of last year.

Roy will be missed by staff and residents alike, especially for his kindness, his faithful friendship and commitment to everyone at Crossways.

We had a little gathering with included cake of course, to say Thank You to Roy and to wish him a happy retirement.



Roy with members of staff...



...and residents

You are all invited!

Crossways Summer BBQ for friends and supporters will be held in the garden at Moxham House from 4- 6pm on Saturday 6th July.

Please R.S.V.P. to Julia.kirk@crosswayscommunity.org.uk if you would like to come so that we have an idea of numbers for catering.

New Trustee Yvonne Gosset

I joined Crossways as a Trustee in November 2018 and entrusted with the role of Safeguarding Lead on behalf of the Board. I am very much enjoying working with my fellow Trustees, Chris and his team. Since November I have enjoyed meeting a number of our staff and clients, across the organisation, at various events. I am heartened

by the professionalism and generosity of spirit I have experienced which, I feel, lives out the charitable trust's beliefs and values.

I bring to Crossways my extensive experience of Health and Social Care having worked through the ranks within CQC from Inspector to Manager and in most recent years in Senior Management positions within

mental health and elderly care services provided through the independent sector. I continue to work as a Consultant supporting Providers with compliance or registration with CQC.

On a personal note I live in West Sussex with my Husband, we have grown up children and were recently blessed in March with our first grandchild.



Yvonne Gosset

A round of applause for...



Paul Russell has passed Level 5 Health and Social Care



Penny Jones has been appointed Safeguarding Lead for Crossways Community



Ray Bailey and **Helly Green** are taking on a new role as new Dignity Champions at Moxham House



Rosie Willis has completed a Food Champions course with the residents at Moxham House



Marie from Culverdale is preparing to return to work and writes:

I started going to Royal British Legion Industries in Tonbridge when I came out of paid employment. They are helping me to get back into work and have given me more confidence moving forward. RBLI have really supported me by helping me to write my CV, preparing me for interviews and applying for jobs.

RBLI is a charity that provides training for people who have undergone mental illness or have a disability, with the aim of getting you back into work. The courses include maths, English, IT, retail, health and safety, personal development and wellbeing. I am doing as many courses as possible.

The RBLI has been a real boost for my confidence. The team there are so lovely and helpful and I would recommend them to anyone.



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.

Culverdale's trip to Tate Britain or rather...

...adventure

On a rare boiling hot March day, the Culverdale art group ventured into London, aiming to reach the Tate Britain... with Natalie's (support staff) dodgy map!

We surprisingly came across the changing of the Queen's Guards horses, which was

quite something special and unique. We managed to steal a few photographs without being bitten by the horses.

We made our way around Parliament, through the hoards of Brexit protestors trying to navigate a route through.

Eventually reaching the Tate Britain, we then enjoyed a good mixture of current and classic art including Turner, Stanley and Martin Creed. There was even a mental health themed room called "Anxiety Room" (by Martin Creed) which lived up to its name!!

We then enjoyed a hearty lunch of sandwiches and fruit in the beautiful Victoria Gardens by the Thames, alongside the Houses of Parliament whilst taking in the unique and cosmopolitan architecture of London.

It was then time for us to leisurely walk back to get our train after a simply fantastic, unexpected London experience when we just thought we were going directly to the Tate Britain. Suddenly, very mysteriously and unnervingly, all around Parliament Square there literally, appeared rows and rows of black taxis with no drivers stretching all the way back to Trafalgar Square. We had, again, come across another demonstration for something to do with the transport situation with the Mayor of London. WOW, us Culverdale residents thought we were just going to the Tate Britain - what a wonderful adventure.

Written by Culverdale Art Group



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.

THE KITCHEN TABLE: Our community Café in Camden Road, open to all.