

June 2020

## CrossReach Information Sheet

### COVID-19 Emergency Appeal

The COVID-19 pandemic is affecting everyone and frontline care services face unprecedented challenges. The impact of COVID-19 means CrossReach residents can no longer receive visits during this worrying time. Staff are also under immense pressure as they continue to provide vital support in CrossReach's residential and non-residential services. The organisation has also been hit hard by the suspension of normal fundraising activities due to Coronavirus.



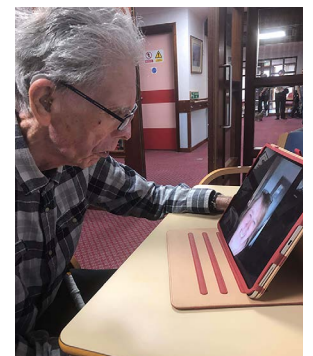
The CrossReach COVID-19 Emergency Appeal has so far raised more than £230,000 to help support the charity through the crisis. To support visit:

[www.crossreach.org.uk/news/crossreach-coronavirus-covid-19-emergency-appeal](http://www.crossreach.org.uk/news/crossreach-coronavirus-covid-19-emergency-appeal)

### Digitally connecting thanks to overseas churches

Two overseas churches have donated more than £29,000 to CrossReach's COVID-19 Emergency Appeal. The Evangelical Church of Westphalia in Germany donated £17,596 while the Presbyterian Church in Taiwan has pledged £12,065.

CrossReach has invested heavily in digital technology that will allow care home residents to connect with loved ones and will help to provide staff with the resources needed during the pandemic. These generous gifts are greatly appreciated and will make a real difference.



Read the full story at:

[www.crossreach.org.uk/news/overseas-partners-make-generous-gifts-to-crossreach](http://www.crossreach.org.uk/news/overseas-partners-make-generous-gifts-to-crossreach)

### In conversation at Heart & Soul



With this year's [Heart & Soul](#) taking place online, Viv Dickenson, Chief Executive Officer of CrossReach joined BBC Health correspondent Hugh Pym and Professor Jason Leitch, National Clinical Director of the Scottish Government, to discuss the impact the Coronavirus Crisis on Health and Social Care.

"Staff have been fantastic...I've been constantly amazed as people rise to the challenges" (Viv Dickenson, CEO of CrossReach)

You can watch the full interview on the CrossReach Vimeo Channel:

[vimeo.com/420251397/1911b8bea0](https://vimeo.com/420251397/1911b8bea0)

### Get creative!

If you live close by a CrossReach service, why not get creative with your children and draw a picture to send in to encourage residents in isolation and the staff that are providing their care.

Find a service closest to you: [www.crossreach.org.uk/our-locations](http://www.crossreach.org.uk/our-locations)

Looking to share ideas on local social care and outreach projects? The Social Care Forum is your one-stop-shop for social care resources. Visit: [www.socialcareforum.scot/](http://www.socialcareforum.scot/)

## Mental Health Awareness Week 2020

Looking after our mental health is a vital part of being well. Normally, we can each rely on our strengths and experiences to stay healthy. However, at a time where taking control of our lives is very difficult due to the necessary social isolation restrictions, taking care of our health and mental well-being can be exceptionally challenging.



The theme of this year's Mental Health Awareness Week, 'kindness matters', highlights that being kind to ourselves and to others is necessary for our personal wellness and for the wellness of others. There are many opportunities to take part in meaningful activities which can help us maintain our health and mental wellbeing while supporting others. [Virtual Grey Cakes](#) and the [PushUp Challenge](#) are two such opportunities being run by CrossReach.

The Scottish Government's Clear Your Head campaign, provides tips and suggestions to help keep us well as we journey through the uncharted waters of COVID-19.

For resources visit: [www.clearyourhead.scot/](http://www.clearyourhead.scot/)



### Host a Virtual Grey Cakes Coffee Morning

As we all continue to live with the impact of COVID-19 and have to maintain social distance, is there someone you wish you could chat with over a cup of coffee and piece of cake? Holding a Virtual Grey Cakes Coffee Morning is a great way to connect with your friends and loved ones whilst helping CrossReach to continue to support those who are coping with mental health and wellbeing issues, made all the more difficult by COVID-19.

You can get as creative as you like; share your recipes and compare versions of the same cake. More information: [www.crossreach.org.uk/virtualgreycakes](http://www.crossreach.org.uk/virtualgreycakes)

#### Prayer Points

- May God, in His mercy, sustain everyone struggling with the ongoing measures in place to keep everyone protected from COVID-19 and to provide all that they need at this time.
- Thank God for the people that support the work of CrossReach by giving of their time in prayer, volunteering and by giving generously to its campaigns.

For a copy of the CrossReach Prayer Diary, visit: [www.crossreach.org.uk/resources/prayer-diary](http://www.crossreach.org.uk/resources/prayer-diary)

### Ways to support CrossReach

- Recruitment: [hrenquiries@crossreach.org.uk](mailto:hrenquiries@crossreach.org.uk)
- Volunteering, including offers for driving key workers: [Volunteer.WithUs@crossreach.org.uk](mailto:Volunteer.WithUs@crossreach.org.uk)
- Supporters, individuals/ groups/ corporates/ funders: [supporters@crossreach.org.uk](mailto:supporters@crossreach.org.uk)
- General enquiries: [info@crossreach.org.uk](mailto:info@crossreach.org.uk)

### CrossReach prayer widget for church website

CrossReach can email you a link to its Prayer Diary widget with easy to follow instructions on how to upload it. Every week, it will update automatically with a new set of prayers. For more information please contact: [bdd@crossreach.org.uk](mailto:bdd@crossreach.org.uk)

We hope you can make use of these features and opportunities in your congregations. To contact the CrossReach Supporter Development Team please call: 0131 454 4374



The Church of Scotland  
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

[www.crossreach.org.uk](http://www.crossreach.org.uk)



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