

	<p>3rd December 2013 Job Vacancy for a care/support worker at our care home, Moxham House We've extended the deadline for applications for our position of care worker at our care home (Moxham House) until 6th January 2013. Applications now closed.</p>
	<p>Carol Service You are warmly welcome to join the residents, staff and supporters of Crossways Community at our Annual Carol Service at 7pm, Monday 2nd December at Tunbridge Wells Christian Fellowship Church, Hanover Road, TN1 1EY. Refreshments will be provided afterwards.</p>
	<p>21st October 2013 Congratulations to Jean who was selected from a range of very highly talented and capable applicants to take over Michael's job as finance admin assistant. One of the reasons that she was interested in applying was that her son Tom did a week's work experience with us a couple of years ago whilst he was at Skinners' School. It will be a sad good-bye to Michael on 5th November who leaves us to 'retire' after nearly 12 years' service.</p>
	<p>24th September 2013 Crossways welcomes Dutch students from Hoornbeek College Earlier this month, for the second year running, we welcomed a party of 16 students from Hoornbeek College in Amersfoort (Central Netherlands). The students are studying to become social workers specialising in mental health and their visit was part of a fact-finding field trip to the UK. After looking round Moxham House and Culverdale and chatting to staff and residents, the students commented on the sense of peace, calm and stillness here. They picked apples and enjoyed eating some of Crossways' best wild blackberries – a new experience for some! The visit closed with a prayer. Students were very keen to learn about us and were really encouraged by our residents with whom they had meaningful conversations. Visits like this are good for Crossways Community and the students; our residents enjoy the interaction, as do staff. It is such a privilege to be able to share what we have with others and, hopefully, what we say and what folk see will rub off and bear fruit.</p>
	<p>11th September 2013 Volunteers needed to help support the work of Crossways Enterprises Because the work is so successful, we need extra workers to help keep it going. Are you reliable and can spare 2 hours a week? Crossways Enterprises is looking for volunteer supervisors to help support the workers. No previous experience necessary (as training will be supplied) but you will need reliability, patience, enthusiasm, computer skills, a sense of humour and ability to communicate well. More details here and download and fill out an Enquiry Form Crossways Community Enterprises offers our residents (all of whom have mental health problems) work experience with a view to preparing them for paid work. We collect donated goods and organise them for sale either online or at local events.</p>



11th September 2013
Time To Focus - Newsletter

Download the latest copy of Time to Focus. Read about new and departing staff, Crossways Enterprises' 2,000th listing on Amazon, the official opening of our Art Studio, an article on Stress and Anxiety and much more!
If you're on our mailing list, you should get a printed copy in the post by early next week. We're happy to send you a copy but if you'd rather read it online and save us printing and postage, please let us [know](#).

Coming up - Annual Thanksgiving Service on Saturday 5th October 2013

Crossways will be having its annual Thanksgiving Service at St John's Church, Tunbridge Wells from 2.30pm. We're pleased to have **Louise Jessup** come and speak to us. Louise trained as a physiotherapist before developing long-term mental health problems. She spoke at our Mental Health Awareness conference to church ministers and workers in April 2012 and her life story, tapestries and art work were fascinating.



6th September 2013
New Job Vacancy

After nearly 12 years with Crossways, Michael our payroll and finance Administration Assistant is choosing to retire. We are therefore looking for a part-time member of staff to take on this vital role at the charity.



The new CQC Inspection Report paints a glowing picture of Crossways' care home. We work very hard to maintain a high standard of care which balances a professional approach whilst maintaining a homely atmosphere. We're glad that the recent unannounced inspection shows this. Click on <http://www.cqc.org.uk/directory/1-132698145> to read the report in full.



28th August
New Care Home Manager Appointed

Crossways is pleased to announce that Penny Rist has been appointed as the new Care Home Manager. Penny came to Crossways in September 2009 as a support worker and she brings a wealth of valuable experience to the role. The directors, staff and residents are very supportive of her. Moeena Winsor remains as Deputy Manager.



7th August Crossways is sharing two of the images from Time to Change. Mental illness is nothing to be ashamed of. Neither is talking about it. It's [TimetoTalk](#) and [Time to Change](#).



Mental illness is common: 1 in 4 people are affected by a mental health problem in any given year. But we still find it hard to talk about. Why not start a conversation about it today? If your group/church/business would like to know more about mental health, contact us about a seminar.



5th July
Charity Urges Schools to put Mental Health Awareness onto the Timetable

Mental health lessons should be on the timetable in every secondary school in the UK a new charity has urged. Too many pupils with symptoms of depression or anxiety are let down or ignored, claims charity MindFull. It has launched a new online counselling service to support and advise 11- to 17-year-olds. MindFull's founder Emma-Jane Cross said poor mental health among young people was "one of the last great medical taboos in the UK today". More details via <http://www.bbc.co.uk/news/education-23195837>



28th June

Art Centre Opens

After a £25,000 refurbishment of the Pavilion (partly to make it structurally safe), the new Art Studio is opened for use as a dedicated area for art and craft for the residents of all the houses.



27th June

Kathy's Retirement Party

After 20 years of working at Crossways, Kathy says good-bye as she retires and moves on to new ventures. She initially started at Crossways as a Day Co-ordinator (bringing in the new day programme for the care home) before becoming one of the care home's deputy managers and finally being the project worker for Bethel Court



Supporting Local Businesses

In these tough economic times, we'd like to point out those tradespeople and service providers who we feel deserve being wider known. For more details click [here](#).



Time to Focus Magazine

April 2013. Our new Time To Focus Spring 2013 is available to download. There are articles about Crossways Enterprises and helping out Kenward Trust when they requested some books, an article on Schizophrenia and its effect on the person with the illness and their friends and family and details on how we turning our disused pavilion into a residents arts studio. People on our mailing list can get a paper copy delivered to them.



Spring Fayre

A big thank you for all our staff, residents and supporters who braved the intermittent showers to come to our annual Spring Fayre/Coffee Morning. It's always a great chance to meet up with people who have a connection with Crossways over the years. We raised £750 plus an additional £105 for Crossways Enterprises. Find out more about what Crossways Enterprises is currently doing at their [Facebook page](#).



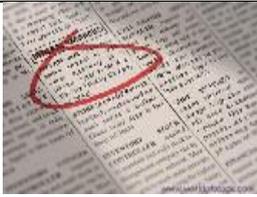
Residents' Trip to Teapot Island

The residents took a trip to [Teapot Island](#) where they enjoyed an afternoon out and handed over a handmade African teapot. With two Guinness World Record certificates for having the most teapots, they now have around 7,000.



Mental Health Awareness Presentation at Local Schools' Parents Evening

March 2013 Our Mental Health Awareness team (Steve and our new worker Sara) were invited to host a stall at our local secondary schools' health and well-being parents evening. Although we give lessons at six schools (but not all of the ones covered by the parents evening), it was a chance to talk to parents and teachers about their concerns. Our display board gave a brief overview of what topics we covered and on a table we had to guess which celebrity is suffering/has suffered from which mental health issue.



January 2013: New Staff for Culverdale & the Care Home

Congratulations to James & Vittoria who will start as our new members of staff at Culverdale and the Care Home respectively early in the New Year. We were really pleased to get some excellent candidates for both interviews and it was a couple of difficult decisions. We look forward to welcoming them properly in January.



Katharine Welby (daughter of the Archbishop of Canterbury) gives a brave and candid account of her own long-term depression.

Watch the report on the [BBC news website](#).

She is quoted as saying that, *"I have depression. I get it quite badly on a regular basis and kind of cry and get tired and just generally see no hope in the world. The chemicals in my brain seemed to be at war with my circumstances. I have friends, a nice home, a very supportive family nearby, a good church, a good job, a brilliant doctor and an incredibly wonderful boyfriend. However, previously I have had many of these things and still found myself unable to find a way out of the despair."* Extract taken from the Daily Telegraph. Read the full article at <http://www.telegraph.co.uk/health/wellbeing/10037199/Katharine-Welby-I-got-to-the-point-where-I-just-couldnt-bear-the-thought-of-living-any-more.html>



Annual Service of Thanksgiving

Come join us for our Annual Service of Thanksgiving to be held at **2.30pm on 5th October 2013** at [St John's Church](#), Tunbridge Wells.