

Day activities at No.8

Care Home No. 8:

An important step to achieving an independent life is to assess residents' individual needs. These are defined by they themselves and their Care Coordinator.

From such an assessment, a personal development plan is formulated to assist in reaching their full potential.

In order for our residents to develop and build up life skills that will enable them to live a more independent life, Crossways employs Life Skill Trainers.

A day in the life of the life skills trainer:

Each day is completely different as it depends on which resident is being supported at the time. The life skills trainer tends to see three or four people each day. This allows good quality time for each individual.

In order to assist residents to develop their skills, our life skills trainers will cover a range of topics, i.e. cookery, budgeting, social interaction skills, exercise by going to the gym, as well as encourage social interests.

Working as a team, Crossways staff and the trainer encourage the residents create their own personal space in their room.



Stepping Stones to Independent Living:

- **Care Home:**
No.8
16 Residents
- **Supported Accommodation:**
Culverdale
17 Residents
- **Semi Independent:**
Top Floor Culverdale
5 Residents
- **Independent Living:**
Bethel Court
6 Tenants

Admin- 01892 543290

Number 5 – 01892 516552

Number 8 – 01892 529321

Administration:

8 Culverden Park Road, Tunbridge Wells, Kent
TN4 9QX

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*The Ethos of
Crossways
Community*



Christianity at the Heart

Here at Crossways Community we always endeavour to put Christ at the centre of every facet of the Community.

Directors, Management, and most of our Support and Care Staff are Christians who profess Christ as their Saviour. Our staff have a heart for serving God and vulnerable people through their work.

We extend our support and care to those that have enduring mental health difficulties no matter what faith, origin or nationality.



Residents' needs are regularly prayed for, and there is a chapel for reflection time in the middle of each day, where

staff and residents alike can focus on God. These Chapel times are led by our staff.

Before our working day commences each morning there is a time of devotion for staff.

Recognising potential, encouraging independence, achieving self worth

A Supportive and Caring Environment

Staff at Crossways' care home (No. 8) and supported accommodation (No. 5) work within Government statutory framework, to ensure that residents receive appropriate support and care to meet their needs. Staff ensure that through regular contact with professionals such as psychiatrists, community psychiatric nurses and social workers, each resident's mental health needs are cared for. For many residents the friendships developed whilst living at Crossways and being part of a nurturing community, are stepping stones in themselves to achieving good mental health.

Equality and Acceptance

Generally in society, people with mental health difficulties can, at times, feel that they are labelled unfairly. At Crossways, we believe that everyone is equal no matter what their needs are. Staff recognise that each resident is precious in God's eyes. Therefore, each person is treated with dignity and respect, with the hope that our residents will view themselves in the same way.

Recognising potential, encouraging independence, achieving self worth

Day Activities at Culverdale

We provide a structure to the day. This, we believe, for many people is a helpful way forward. This is because some mental illnesses result in a loss of motivation, consequently causing inactivity which can lead to a cycle of low self esteem and depression. In each day there are activities or groups available and residents are encouraged to be involved in a combination of these and other activities in the community. Some of the activities may help with aspects of daily living such as caring for their own room, personal care, shopping, budgeting and cooking, as part of life skills training. When needed, we run some social skills training groups. Art and crafts are generally popular and we also help the residents to make use of the local sports centre. We also try to make the residents' day fun, so music, TV, food and laughter all play their part! Residents are encouraged to plan a balanced week and remain committed to the plan over a certain period of time.



Recognising potential, encouraging independence, achieving self worth