Issue 16, Autumn 2024

CROSSROADS NEWS

CROSSROADS
Caring For Carers

Inside this issue...

- Pg 2 - Meet our Trustees
- Pg 3 - Champion Winners
- Pg 4 - EasyFundraising
- Pg 4 - Celebrating Pride
- Pg 5 - Tackling Loneliness
- Pg 5 - Fond Farewells

Welcome...

Welcome to our latest newsletter. As the colder weather sets in, we enter what can be a more challenging time for the families we support. With the temperature dropping, many struggle to keep warm, seasonal illnesses hit and we see the impact of loneliness on those who can't get out in the bad weather.

In this edition, we share a reminder of the free services that we can offer to help combat the challenges mentioned above, plus you will meet our Board of Trustees and our latest Crossroads Champions are revealed.

And finally, as many of you get set to start Christmas shopping, I encourage you to take a look at page 4, where you can find out how you can easily help us raise funds for our charity through EasyFundraising whilst you shop online.

Best wishes,

Chris Christie
CEO

C. M. Christie

Follow Us...

LATEST NEWS

Meet Our Board of Trustees

Trustees (or you may have heard them referred to as board members) are volunteers who lead our charity alongside our senior management team.

Using their wealth of knowledge and experience, they contribute to our strategic direction and decision making, with the best interests of our stakeholders in mind.

Back row L-R - Ivan Wyle (Chairman), Ann Wyle (secretary), Graham Evans, Brian Hepburn, Karen Hepburn.
Front row L-R - Sonia Davies, Chris Christie (CEO), Sue Turton (non-executive trustee).

Ivan Wyle has been our Chairman since 2006.

Following the departure of a few of our long serving Trustees, we would like to introduce our current Board of Trustees - Jennifer Jones-Rigby, Sonia Davies, Karen Hepburn, Brian Hepburn and Graham Evans. Many of you will remember Graham from his time leading our Dudley Carers Wellbeing service until his retirement in 2023.

We would like to welcome new Trustees to Crossroads!

Winter is Coming

If you are age 65 or over, have a long term health condition or are the main carer for an elderly or disabled person, you are eligible for a free flu jab and Covid-19 booster. Please consider getting vaccinated this winter to help protect yourself and the vulnerable person you may care for.

If you are not eligible, you can get it at most local pharmacies or supermarkets for around £15.00.

Crossroads Champions

Our quarterly Crossroads Champion Award is an opportunity to recognise the hard work and dedication of our colleagues.

We were blown away with the nominations that we had this quarter and it made for some very difficult decision making. In the end, on this occasion, senior managers decided that we have not one, but four winners!

Representing three different areas of our organisation, each person has consistently demonstrated exceptional behaviours and service delivery. Congratulations to all of you and thank you for your excellent work!

To nominate by Friday 13th December, visit www.crossroads-caringforcarers.org/crossroads-champion-awards.

Below is just a snippet of the fantastic words written in our winning nominations...

Yvonne Withey, Care Support Worker

"The quality of care Yvonne delivers is outstanding. She is always professional, polite & hard working. She shows compassion in everything she does including her rapports with both her service users and her colleagues....she will do anything possible to keep her service users independent whilst living in their own home."

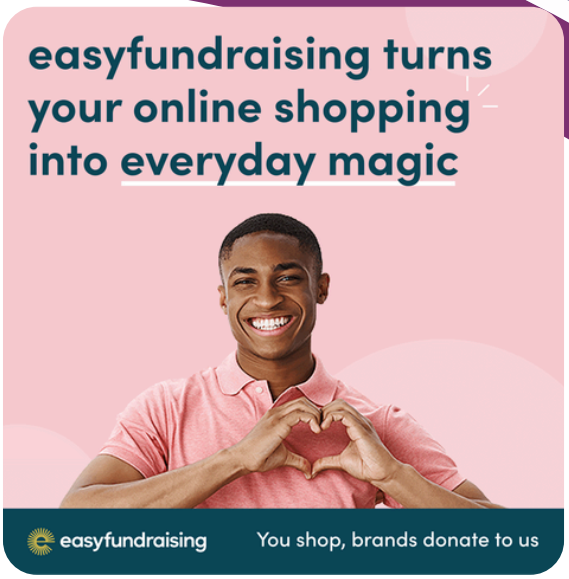
Katie Shinton, Carer Adviser (CAL)

"Katie goes above and beyond for Crossroads. She supports all of our carers groups & day trips...she shows a great amount of empathy to each person. She shows genuine interest and concern for those she looks after and has a calm and warm approach."

Val Richards & Tirath Kaur, Carer Advisers (Wellbeing & Dementia Service)

"They both work tirelessly to provide vital support to families - which is always done with great passion and pride. Both Val and Tirath do so much out in the community and really set a great example for everyone at Crossroads."

Raise donations with Easy Fundraising



Did you know that you can turn your everyday shopping into donations for Crossroads with easyfundraising?

Easyfundraising partners with over 7,500 brands who will donate part of what you spend to a cause of your choice, at no extra cost to you. Just select Crossroads as your charity of choice!

It only takes 2 minutes to sign up. Visit: **www.easyfundraising.org.uk** and search for Sandwell Crossroads Caring for Carers as the charity you want to support. Make sure to download and shop via the app, or alternatively download their donation reminder tool (click 'Add Extension') for your desktop - to make sure you don't miss out on donations. For help signing up to easyfundraising, please contact Vicky Marshall on vicky.marshall@crossroads-caringforcarers.org.

Celebrating Pride!

At the end of August, our Carers Assistance Line (CAL) team held a party to celebrate Pride, offer advice and support to carers, and have some fun!

The colourful party, which was originally set to take place in June to mark Carers Week and Pride Month but was rearranged due to unforeseen circumstances, saw dozens of people from the local community come together for fantastic entertainment from local drag artists and delicious food. CAL team members were on hand to offer information and advice to unpaid carers and people (carer or not) who identify as LGBTQ+, helping to break down barriers faced by those from under-represented groups. A fabulous time was had by all!

LGBTQ+ Support Group

This free group is a place where members of the LGBTQ+ community can meet to socialise and get advice, as well as access mental health support if needed.

When: Every other Wednesday, 6pm -8pm and every other Saturday, 2pm – 4pm.
Where: Oak Tree Centre, Tame Road, Oldbury, B68 0JP
Please call to find out when the next session is taking place.

Support Available this Winter

If you're a family carer or a person with care needs, you may find that the winter months make it harder to get out and about. This can increase your risk of loneliness. Or, you may be struggling to keep warm as the temperature drops.

From our Carers Assistance Line, to our Day Club and various Carers Groups - no one should feel isolated or alone. And our teams can advise on keeping warm, including financial support that may be available. See details below.

Carers Assistance Line - 0121 803 6830

Crossroads Day Club - 0121 553 6483

Wellbeing & Dementia Service - 0121 553 6483

A Fond Farewell to Jean and Rosemary

We recently said "happy retirement" to two colleagues who have been with Crossroads almost a decade each.

Jean Winkett leaves us after eight years. She worked on both our previous DISC service and more recently, our Dudley Carers Wellbeing Service. She was instrumental in implementing new systems and adapting to new ways of working as Covid hit, helping Crossroads along on our digital journey.

And Rosemary Hodgetts has been an invaluable member of the care for the last nine years. Working on respite care in Birmingham, she has made a difference to so many lives along the way.

We thank them both for their service and wish them all the very best for the future!