

Welcome

to the latest newsletter from Mid Surrey Crossroads. We hope this issue will be interesting and informative for everyone but if you have any suggestions or would like to contribute to our next issue please get in touch.

It has been a very busy year for us; we have continued to provide on average well over 1000 hours of respite care each month to families in Epsom & Ewell and Mole Valley.

We always try to ensure there is a friendly voice on the end of the phone and here we are, just so you know who you are talking to!



Anne Edwards
Scheme Manager



Sarah Watts
Deputy Manager



Tracey Cooper
Administration



Claire Woodland
Administration

Hello everybody,

I cannot believe that the year is almost over and Christmas is looming. I have now worked for Crossroads for 10 months and I do not know where the time has gone.

I have been kept really busy going out and meeting with Carers and their families. It is always a joy to meet you and I am made to feel so welcome. I also try and support the staff and ensure that the service provides a high standard of care. I always welcome feedback, so feel free to contact me if you have any issues with our service.

I wanted to remind you that Crossroads will be open over the festive season but we are closed on Christmas day, Boxing day and New Years day. Apart from that it is business as usual. Please could you let us know in good time if you will need our service over the festive season.

May I wish you all a happy and peaceful Christmas.

*Anne Edwards
Scheme Manager*

Staff News

We are very fortunate that we have incredibly low staff turnaround however there have been a few changes over the past few months within our team of care support workers.

We have sadly said goodbye to Mandy Dixon, whom had been with Crossroads for 6 years. Shelley Mason has just started her maternity leave as her first baby is due in January. Good luck Shelley!

We are very pleased to welcome Pamela Bravery and Helen Bolt to the team, whom some of you will already know.

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In July, our manager Anne told us she was organising a “teambuilding day”. What’s the point a few of us asked? However, we were pleasantly surprised!

Here is a brief account of the day in the eyes of one of care support worker, Angie.

“I have worked for Crossroads for four years now and always felt a bit distant from other colleagues but, since the teambuilding day I have felt that we all got to know one another better. The whole structure of the day was very well planned and organised and made me feel as though I was more part of a team here at Crossroads. I feel it would be beneficial to hold a day like this again next year. Thanks to all the office staff for their hard work over the year too, it’s always good to know there is a friendly, helpful voice at the end of the phone”.

Here is a delightful acrostic poem written by one of our clients, Mrs Promilla Mullen

**Carefully she takes my hand
Ready for our shopping planned
One by one our goods are scanned
Shopping in the village high
She stops me as the cars whiz by
Round to the library we both go
Oh it’s closed now that’s a blow
Ah here’s a friend, we say hello
Darkening sky we must not roam
She takes my arm and leads me home**

~

Carers Break Vouchers

Have you received these vouchers but won’t be able to spend them all before the end of March? Perhaps you could donate them to us. Also it might be a good idea to ask your Care Manager now about your allocation for next year, to make sure you get these as soon as possible

QUIZ

Can you name the sweets?

1. Wise guys
2. Wobbly infants
3. Refined thoroughfare
4. Edible fasteners
5. 9 o'clock 10 o'clock
6. Dark occult
7. Alcohol for the teeth
8. Sport for a Prince
9. Fruit falls
10. 100% metal
11. Receptacle in a dairy
12. Tartan granite
13. Aromatic spheres
14. Royal herb
15. Mother's local
16. Bovine peepers
17. Tommy rot
18. Frozen tropical fruit
19. A lot but not a million
20. A varied black medicine

Answers on the back page

Here's a lovely recipe for winter vegetable soup



For 4 servings you will need:

- ½ white / green cabbage
- 1 large onion
- 2 cloves garlic
- 2 medium carrots
- 1 -2 medium potatoes
- 1 litre vegetable stock
- 2 tablespoon vegetable oil
- 1 cupful of red lentils or yellow split peas - whatever you've got in stock
- Handful of fresh herbs or dried equivalent
- Salt & pepper to taste

Peel the onion and chop it finely. Peel and crush the garlic. Heat the oil in a large soup pan and gently sauté the onion and garlic (covered) for 5 minutes. Chop the potatoes and add to the pan. Cover and cook for 10 minutes. Stir occasionally, to make sure they don't burn. Add to the pan with the stock and the lentils / split peas. Cook for 30 minutes, until the pulses are almost ready. Wash the cabbage and chop it. Add it to the pan and stir well. Add extra water if the mixture has got too dry. Cover and simmer gently for about 5 minutes, until the cabbage is soft. Remove from the heat and add the herbs. Liquidise until smooth. Add more water, if the soup is too thick. Season with salt and pepper to taste.

Fundraising

This year's sponsored walk was back in May on almost the hottest day of the year! There was a very good turnout and Sarah picked a route from Reigate Hill across Walton Heath to Walton on the Hill where we had much needed refreshments at a village pub. Then it was another 5 miles back! It is true to say we were all (well most of us!) a bit worn out but the marvellous view from the top of Reigate Hill and the fact that it was downhill for the last half a mile just about kept us going. Again thanks to the generous sponsorship of so many people over £2500 was raised. Well done everyone!



It was an enjoyable day in June when the annual Ashted Village Day was held. Julie Webb, care support worker, organised a "Cakes and Treats" stall, with a great variety of delicacies for sale. We raised a handsome £170 and also added some pounds to the waistlines of Ashted residents! Thank you to everyone who spent time baking for us.

The Crossroads scheme is partly funded and we do therefore rely heavily on donations. We are grateful to all those individuals who have donated to us and are also delighted to have received from the following organisations this year;

7th Epsom Scout Group
Bookhams Nursing Trust
Brockham Good Companions
Friends Care Charity
Gatwick Airport Pantomime Society
Lincoln Joyce Fine Arts
Rotary Club of Ewell
Sorooptimist International of Epsom
UNUM Ltd

We have also received donations in memoriam of some of our late clients, for which we are very grateful.

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If you would like to help us raise more funds you can do so in the following ways:

- 1 make a donation or set up a standing order
- 2 help us with our annual collection day
- 3 organize a fund-raising event
- 4 if you or any of your family work, would the company like to run a fund-raising event for carers
- 5 if you are a member of rotary or a similar organisation, invite us along to talk to your committee
- 6 if your church has an outward giving programme we would be pleased to talk to the person who co-ordinates the giving programme

FANTASTIC NEWS FOR FUNTASTIC
Our Saturday club for children with special needs



We were astonished when the Mayor of Mole Valley, Mrs Jean Pearson, picked us as her chosen charity to raise funds for during her year in office from May 2007 to May 2008.

Throughout the year various fundraising events were organised, the final sum was in excess of £5000.

One of the events which raised the most money was The Mayors Charity Christmas Carol Concert which was held at Dorking Halls last December and children from various local schools sung tremendously well to an audience of over 1000 people. This event alone raised £3000 for Funtastic.

This much needed money will be going towards buying an adult changing table for our wheelchair bound young adults. The Mayor will also be sponsoring three of the Club children for a year.

We were also lucky to be successful in receiving a grant from Children in Need for over £3000. This will all go towards helping to continue running the Saturday club.

We really have had a truly wonderful year for raising funds for Funtastic and I would just like to say how grateful we are to The Mayor and to Children in Need.

Louise Walmsley, Manager

Winter Warmth

With so much news focusing on the rise of fuel costs recently, we have included this information that may just help keep costs down and you a bit warmer this winter.

Home Energy Check from Surrey and East Sussex Energy Advice Centre (SESEAC)

Everyone in Surrey can ask for a free “home energy check” which will provide a free personalised report with recommendations for their home. The advice centre will also outline the cost of any recommendations, and details of any savings you could make. They will also include details of any grants which you may be able to claim. Contact the Advice Centre on 0800 512 012.

Also there is Help the Aged SeniorLine which offers advice for older people on keeping warm telephone 0808 800 6565

Quiz answers

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|----------------------|--------------------------|
| 1. Smarties | 11. Milk bottles |
| 2. Jelly Babies | 12. Edinburgh Rock |
| 3. Quality Street | 13. Aniseed balls |
| 4. Chocolate buttons | 14. Mint imperials |
| 5. After Eights | 15. Mars bar |
| 6. Black Magic | 16. Bullseyes |
| 7. Wine Gums | 17. Humbug |
| 8. Polos | 18. Coconut ice |
| 9. Pear drops | 19. Hundreds & thousands |
| 10. All Gold | 20. Liquorice allsorts |

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