



WINTER NEWSLETTER 2024

Dear Carer/Service User

December is here again, and Christmas is just around the corner. We have had a very busy year again at Crossroads. It truly is a privilege to support Carers across Orkney and continue the good work that Crossroads has always been renowned for. We look forward to the New Year with enthusiasm and excitement!

Festive opening hours- As we approach the festive season, I would like to inform you of the office closure dates.

Monday 23 rd December 2024	Open 9:00am-5:00pm
Tuesday 24 th December 2024	Open 9:00am-5:00pm
Wednesday 25 th December 2024	Closed
Thursday 26 th December 2024	Closed
Friday 27 th December 2024	Open 9:00am-5:00pm
Monday 30 th December 2024	Open 9:00am-5:00pm
Tuesday 31 st December 2024	Open 9:00am-5:00pm
Wednesday 1 st January 2025	Closed
Thursday 2 nd January 2025	Closed
Friday 3 rd January 2025	Open & back to normal from today onwards

For those in receipt of care on 25/26 December 2024 and 1/2 January 2025 we will be in touch in the very near future. If you do not require visits on these days, please let us know at the earliest opportunity.

If, nearer the time, you need to cancel your Crossroads visit when the office is closed you can call 07927 487 517. If unanswered, please leave a message. This number will be checked periodically for messages. You will also get this number from the Crossroads answer machine. Should any emergencies occur, please contact the Balfour Switchboard on 888 000 and ask for the Duty Social Worker.

Friends of Crossroads Tea Afternoon- This was a huge success with the King Street Halls full of chat and laughter for the duration of the afternoon. It was heartwarming to see so many people out to support Crossroads. The raffle was drawn and a total of £1,111 was raised on the day. Many thanks to all who sold and bought tickets, all who came along on the day, and all who helped in any way. It was greatly appreciated as always.

Time to Live Fund- We still have some money in this pot, please get in touch if you'd like to discuss further or to request an application form. This fund is more flexible in that you can purchase anything that gives you a break such as a craft magazine

subscription, music lessons, gym membership or even a garden bench, the list is endless.

Carers Support Group- The group continues to meet in the office on the second Wednesday of each month from 12-2pm. It is great to see new faces, laughter, and chat at this group. Please do pop along if you can. The next meeting will be on Wednesday 11th December 2024, 12 noon - 2:00pm. Our January meeting will be on Wednesday 8th January 2025.

Annual Survey- Thank you to all who contributed to our annual survey. We really do appreciate and value your feedback.

Be Kind to yourself this winter- You do not need to earn the right to rest. Practicing self-care often means we must unlearn the idea that all tasks must be completed before we can sit down and relax. This is something I'm sure we are all familiar with. The truth is your to-do list will never *really* be done. There will always be something else to do tomorrow or next week or next year. This winter, give yourself unconditional permission to rest whenever you get the chance. I know this is not always easy but do try to spend some time focusing on the things you genuinely enjoy doing and do them whenever the opportunity arises.

Be Winter Ready- Being prepared for cold snaps and power cuts is something we are all familiar with. It's always a good idea to have some candles/matches on hand or some battery-operated candles if you feel safer with this option. It's also a good idea to have a torch- you can even get hats with headtorches- great for the cold and power cuts! If you have a mobile phone keep it charged up and keep wrapped up warm as much as you can.

Travel Centre automatic doors- Due to the Tourist Information office closing at 4:00pm throughout the winter the automatic doors get locked then also. Should you require access to the Crossroads office between 4:00 & 5:00pm please go to the grey door on Junction Road across from Tullocks Garage and ring the doorbell marked 'xroads'. Someone will then let you in.

The Two Davies- Orkney Rowing Club Members, Davie Flett and Dave Walker undertook a mammoth challenge and set a new British and World record in their age category for continuously rowing on Concept 2 rowing machines. They broke the record at 24 hours, 30 minutes and 41 seconds and continued to row until they reached 34 hours, 34 minutes and 34 seconds. We are one of the 2 charities chosen to benefit from half the money raised.



Finally- From the Board of Directors, all the Office staff- Sheila, Steve, Claire, Lynn and myself, and all our amazing Support Workers who provide invaluable support across the community- We wish you a peaceful time over the festive period and all the best for 2025.

Yours sincerely



Arlene Montgomery, Registered Manager.

Christmas Gingerbread Men

Ingredients

- 350g/12oz plain flour, plus extra for rolling out
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 125g/4½oz butter
- 175g/6oz light soft brown sugar
- 1 free-range egg
- 4 tbsp golden syrup

To decorate

- writing icing
- cake decorations

Method

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.
3. Preheat the oven to 180C/350F/Gas 4. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them. For decorations, use a skewer to make a small hole in the top of each biscuit.
5. Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.



Email carers@crossroadsorkney.co.uk

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