



AUTUMN NEWSLETTER 2026

Dear Carer and Service User

Welcome to the Crossroads Autumn Newsletter. Here we will provide you with some updates, information on upcoming events and things that may be of interest to you.

The colours have started to change, geese are returning to the barley fields and the winter darts season has started 🎯. Firstly, here are some photos of a few of my recent tours in Quoyloo, up Ward Hill in Orphir and a friend taking on the midges at the Eclipse.



Carer Lead and Carer Forum

I mentioned in the previous newsletter that David Miller joined Orkney Health and Care as Orkney's first Carer Lead to support and represent the needs of Orkney's Unpaid Carers. He continues to work closely with OIC, NHS Orkney and third sector organisations. His role was created in line with the Delivery Milestones of the Unpaid Carers Strategy 2024-2026.

David would like to develop a Carer Forum and has asked Crossroads to support him to do this. The forum will capture issues raised by Carers during conversations which will feed into the agenda at the Carers Strategy Group and then inform the Integration Joint Board (IJB) of the topics highlighted. The IJB are responsible for the effective delivery of a large range of services delivered within in Health and Social Care.

If you would like to be part of the Carer Forum, please get in touch with either myself or someone from the office.



Friends of Crossroads

Raffle tickets - We still have raffle tickets for the prize draw which will be drawn at the Afternoon Tea on Saturday 31st October, 2-4pm in the King Street Halls. If you want more raffle tickets, please get in touch and we can send some out to you or you can collect from the office.

Shopping Week and County Show – Friends of Crossroads were present during both of these events and the team said both days were incredibly busy with people taking part in the tombola and bottle stall, buying raffle tickets and popping by to say hello. Both of these events are great fundraising for Crossroads and is also for raising the profile of the Service and what it provides. The group raised an amazing total of £681. Every penny goes back into supporting Orkneys unpaid carers so we are very grateful for their ongoing support.



Crossroads Respite Service Inspection

The respite service is regulated by the Care Inspectorate. They are the national assurance and improvement support body for social care services and social work in Scotland. Their vision is that everyone in Scotland experiences high-quality, compassionate care, support and learning when they need it, which upholds their rights and choices.

We were inspected over 2 days at the end of August and have maintained our grading of Very Good in Wellbeing support. The full report can be found in the link provided, on our website and there are hard copies available in the office for anyone who would like.

[Home | Care Inspectorate](#)

<https://www.crossroadsorkney.co.uk/>

Thank you to everyone who supported us by completing the questionnaires we sent out and who allowed Kirsteen, the Inspector, to visit their home.



Crossroads Care Orkney Annual Report and Membership 2026-27

The AGM was held on the 18th August 2026. The Annual Report can be found on our website and in the office.

Anyone can become a member of Crossroads Care Orkney at anytime. With this, you will be sent the annual report ahead of the AGM and have the opportunity to become a Board Member should you wish. Its great value for money, currently sitting at £5 for 365 days of the year! The benefits for us are that we can claim tax

on gift aid so it also supports to increase our income which is always beneficial to any charity.

Copies of membership forms are available on the website

<https://www.crossroadsorkney.co.uk/>, in the office and we can post them out to you if required.



New Care and Support provider information.

Welcome to Care&Companions a 100%-person tailored care service, brought to you by me, in your home, set up your way.

I am Sarah Hemming, a north isles girl originally, I moved to the mainland at 14 and finished school in Stromness. I have always enjoyed the caring role and have been employed by OIC and Enable Scotland over the years.

I studied Introduction to Care in 2004 and then went into full time employment in the care sector. I set up my business at the start of June 2026 as I was aware of the shortage of care at home for people who just needed a little support with everyday tasks.

I have medication training, moving and handling and first aid to list a few but I am also looking online to seek new courses to keep my experience up to date.

If you want to know a little more about me and my service, please check out my Facebook page, Care&Companions or email me carecomapnions26@gmail.com or of course you can call me on 07557406567.

Sarah Hemming



Orkney Money Matters

THAW Orkney is administering the Orkney Money Matters (OMM) referral pathway and cash-first fund, a partnership set up to increase access to advice and cash-based support for anyone worried about money. The attached link will provide you with additional information.

[Orkney Money Matters: Financial Support & Advice from THAW](#)

Tel no - 01856 878388

Email - info@thaworkney.co.uk

Alternatively, contact the office and we can provide additional information and support you through the process.



The Orkney Public Protection Committee are delighted to advise you of a free screening of:

The Low Road
10th September @ 19:00 (7pm)
Being shown at the Pickaquoy Centre Cinema

The movie poster for 'The Low Road' features a woman with a large backpack hiking on a mountain trail. The title 'THE LOW ROAD' is prominently displayed in large white letters. Below the title, it says 'written & directed by Stephen Mulhearn'. The cast list includes Rachel Dick, Adam Bregman, Jane Paul-Gets, and a guest appearance by Ewan Stewart. A synopsis at the top left describes the film as a powerful Scottish film about grief, mental health, and finding hope on the West Highland Way. The website 'www.thelowroadmovie.com' is at the bottom. The poster also includes logos for BBC, NHS, and Dolby Surround.

Join us for a free screening of a powerful Scottish film about grief, mental health, and finding hope on the West Highland Way. After the suicide of her best friend, a young woman hikes Scotland's iconic trail seeking salvation.

THE LOW ROAD

written & directed by Stephen Mulhearn

Starring
Rachel Dick
Adam Bregman
Jane Paul-Gets
Guest Appearance
Ewan Stewart

www.thelowroadmovie.com

A BEING THE MAGIC PRODUCTION PRODUCED BY SOPHIE HARRIS DIRECTED BY STEPHEN MULHEARN EDITED BY NICK FARRER ORIGINAL MUSIC BY JONAS JONSSON & STEVEN CLARK WITH GLASSBORO
PRODUCED BY PERRY DUNN PRODUCED BY HEATHER ANDERSON EXECUTIVE PRODUCED BY JON LAMBERTSON SPANISH CINEMA LUNA CINEMA CULTURE TV & RAILWAY
DURING MIXER KEVIN ROBERTSON SOUND EFFECTS CHAD KAY SOUNDTRACK: BLAKE ROSE CODE: BETH ARTON MARTHA WAINWRIGHT

FREE screening at The Pickaquoy Centre
Thursday 10th September at 7pm
Screening will be followed by a Q&A panel discussion with Stephen Mulhearn, writer and director, reflecting on issues raised by the film

bbfc NHS Orkney

This has been brought to our community by the Orkney Suicide Prevention Task Force. The screening will be followed up with a Q&A Panel Discussion with Stephen Mulhearn (Writer and Director) where the panel will discuss and reflect on some of the issues raised in the film.

Autumn recipe

Calling all halloumi lovers out there!!



One pan Halloumi veggie traybake

- 1 large red onion, chopped into bite-sized pieces
 - 3 mixed peppers, chopped into bite-sized pieces
 - 1 large aubergine, chopped into bite-sized pieces
 - 1 tbsp extra virgin olive oil, plus extra for drizzling
 - 250g/9oz halloumi cheese, sliced
 - small handful fresh basil
 - freshly ground sea salt and black pepper
1. Preheat the oven to 220C/200C Fan/Gas 7.
 2. Spread the vegetables across a large baking tray and toss with the oil and a generous amount of salt and pepper. Roast for 25 minutes, or until the vegetables are slightly browned and tender.
 3. Heat the grill to it's highest setting.
 4. Remove the tray from the oven and give it a big toss. Lay the halloumi slices on top of the vegetables, seasoning each with black pepper and an extra drizzle of olive oil.
 5. Transfer the tray to the grill and cook for a further 5 minutes, or until the cheese has just started to turn golden brown.
 6. Roughly tear the basil leaves and scatter over the halloumi bake just before serving.

Finally, a reminder that our door is always open. If you're finding it difficult to navigate the health and social care system, we're here to help. If you need additional support or advice and aren't sure where to turn, we can provide guidance, signposting, and referrals. We understand that things can sometimes feel overwhelming, and we want you to know that you don't have to face them alone.

Take care of yourselves.

Sheila Ritch, Registered Manager.

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