

The people
Carers turn to

**CROSS
ROADS
CARE**

Richmond & Kingston
upon Thames

Become a *Friend* of Crossroads Care

**Caring can be
lonely and isolating**

Help us support Carers,
caring for loved-ones of
all ages and disabilities,
to take a vital
break from their
caring role.

“Without Crossroads Care, I would feel even more like a care prisoner”

“John took early retirement to become a full-time Carer for his wife, who was diagnosed with early onset Alzheimer’s at age 54. Determined to look after his beloved wife for as long as he can, John says, “Without the help and support of Crossroads Care, I would have gone mad. The Men Who Care group gave me an opportunity to meet liked-minded people. We listen to each other’s stories, and that gives you ideas. It helps.”*

***Name changed for confidentiality purposes and photograph posed by models.**

If you would like to support our work, contact:

www.crossroadscarerk.org | 020 8943 9421



3 in 5 people are expected to become Carers by 2031

That means that at some point in your life, you are likely to become a Carer too

Over 80% of homecare in the UK is undertaken by a hidden unpaid workforce of over 13.6 million remarkable individuals, 4.5 million more due to the coronavirus, worth a staggering £132 billion per year.

And yet many hardworking Carers cannot afford the help and support they desperately need, and just under half (45%) struggle to make ends meet. (Carers UK, March 2022)



What We Do

A non-profit organisation, regulated and inspected under the Care Quality Commission, we have been providing essential, bespoke, high-quality home and community respite care and support services in both Richmond and Kingston upon Thames, to Carers and the people they care for since 1987.

We aim to reduce the negative impact caring has on the physical and mental health and wellbeing of Carers by providing:

- **Respite Breaks/Support**
- **Specialist Groups/Advice Sessions**
- **Signposting (information/advice)**

We provide services that give Carers and the people they care for peace of mind - through commissioned services, grants and funds raised via our charitable provision, **gifts** and **donations**.

Head to: www.crossroadscarerk.org/contact-us

Our community-based projects include:

Caring Café: twice-a-month get-togethers for Carers of people with dementia.

Children's Saturday Club: for 8–18-year-olds with Special Educational Needs and Disability.

Men Who Care/Dads Who Care: monthly social groups for male Carers.

Carers Café: weekly café for Carers and former-Carers.

Therapy Rooms: talking therapies and holistic massage etc. to help prevent breakdown and reduce stress.

Carers Book Club: a great way for Carers to take time out and develop new friendships.

Head to: www.crossroadscarerk.org/community-services

For more information on our services, please head to our website: www.crossroadscarerk.org



Inspire Me

Want to make a difference to the lives of Carers, but unsure how to go about it? Here are some ideas.

Whether you want to pull on your trainers to tackle a half-marathon or get sponsored to do something unusual, there are lots of ways to help us raise money for much-needed respite for Carers, from digital detoxes to bake sales. You can do this independently or as part of an organised event.

Take on a Hair-inspired Challenge!

Harrison Gurney let his wife, Stevie, shave off all his hair on his birthday and asked his friends to donate to us. Harrison raised an incredible £1,180 pounds for us.



Stage a Get-Together with a Difference:

- Hold a cupcake morning
- Hold a clothes swap afternoon
- Put on a games night featuring games like Jenga, or go digital with a Wii
- How about having a pamper party?

Sell Stuff

Sell off your unwanted items on eBay and donate the profits to us.

Give Something Up

- Do a digital detox
- Stop talking and get people to sponsor your silence

Get Sporty

Two of our team, (Jess and Juliet, in photograph below) ran the London Landmarks Half Marathon raising an amazing £2,361 for us through one of our key funders The Victoria Foundation.



Try Easy Fundraising through www.easyfundraising.org.uk

- Raise funds as you shop
- Do a sponsored walk – set your own goal
- Choose another challenge – e.g., 5K run in Bushy Park

For more information on our services, please head to our website: www.crossroadscareruk.org



Become a Local Partner

We are so grateful to local businesses, community groups and schools that come to our aid. Find out here how your company, community group or school can support us.

Corporate and Community Group Giving

- Organise events like pub quizzes or karaoke nights, all while raising money, or make us your charity of the year!
- Hold a themed fancy dress day at work
- Organise a raffle and sell tickets to your workmates
- Enjoy afternoon cakes at the office
- Attend an event organised by one of our key funders (see below The Victoria Foundation Winter Ball 2021)



Schools

- Promote kindness in line with the ethos and culture of your school
- Contribute your Mufti Day donations
- Donate a small percentage of proceeds from your school fair
- Organise a special event like a poetry competition



Vera, 95, receiving one of over 50 Christmas hampers for Carers made possible by local donations, including a personalised message from children at St Mary's and St Peter's School, Teddington

Volunteer!

Offer up your time or expertise:

- Musicians at our Caring Café
- Become a trustee
- Give some of your time to one of our community projects – like our Young Ambassador Elliott, below, with a member of our Saturday Club



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**Crossroads
have been a
Godsend in my life**

“When I initially made contact with them during the first pandemic lockdown, they became my entire life.”

Tom's Story

After losing his father to Covid-19, becoming a sole carer for his mostly housebound mother took its toll on Tom* who suffers from anxiety and has, in the past, had a mental breakdown

‘Crossroads have been a Godsend in my life. When I initially made contact with them during the first pandemic lockdown, they became my entire life. I had nothing and they were there for me. I was so isolated and they gave me a connection with the outside world. I truly fear the potentially critical consequences of my thoughts and actions if Crossroads hadn't been there.

‘I found it impossible to instigate social activities and on the rare occasions I did go out, I felt guilty for leaving my mother alone even for short bursts of time. Anxiety caused by the caring role also meant I ended up getting muddled about my rota at work.

‘I initially used the food delivery service which Crossroads were then offering to people who were self-isolating — which I had to do because I had been in close proximity to my father who had died of Covid-19. Crossroads went on to match me with a volunteer befriender, Amena, who made hour-long weekly telephone calls to me.

‘After over a year of weekly telephone support, meeting face-to-face for the first time in the Summer of 2021 was very emotional. I'm so grateful to Amena who talked me through my psychological low points and who made every effort to think of positive and comical things to say to raise my mood. I really can't thank her and Crossroads Care enough.

‘I now attend the brilliant Men Who Care project. We go on trips to the pub and once, a boat excursion along the River Thames. The group is such a release. It gets me out of the house and makes me think about other things for a while. It's convenient because we always go out locally and I'm with people who understand what it's like to be a Carer.

‘We all appreciate that it takes time to open up, but when anybody has shared their story, everyone understands. Talking helps you to think differently about your caring role.’

***Name changed for confidentiality purposes and photograph posed by models.**

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Donate to Crossroads Care *Today!*

I would like to support Crossroads Care Richmond and Kingston upon Thames by:

- making a one-off donation by cash, debit/credit card or cheque OR
- making a monthly/yearly (please circle) donation by 'Standing Order' for the amount of:
- £10 £20 £50 Other £ _____

CONTACT DETAILS

Title: _____ First Name: _____ Last Name: _____

Address: _____

Postcode: _____ Telephone: _____

EMAIL: _____

YOUR BANK DETAILS

I authorise my Bank: _____

Bank Address: _____

Postcode: _____ Account Name: _____

Account Number: _____ Sort Code: _____

- From now on, please debit from my account above the amount £ _____ on first each month year (please select), until further notice, by '**Standing Order**' to Barclays Bank, sort code **20-72-33**, account number **60303542**, account name **Richmond upon Thames Crossroads**.

Signature: _____ Date: _____

- Set up a **Direct Debit** instantly on the below secure gocardless link:
<https://xero.gocardless.com/pay/co/GEN3398333991>

- Please **Gift Aid** my donation so Crossroads Care can claim an extra 25p for every £1

By ticking here, I confirm that I am a UK taxpayer and would like to Gift Aid my donation and any donations I make in the future to Crossroads Care from the date of this declaration. I understand that to Gift Aid my donation I must pay an equal amount of income tax or capital gains tax in that same year. I will notify Crossroads Care of any changes.

- Give database consent**

By ticking here, I give consent for my details to be added to your secure database.

Privacy Statement: We are committed to keeping your personal details safe. We will use them to communicate with you and any other persons in the way(s) required to carry out our work and services. We are legally required to hold some personal information to fulfil our statutory obligations. You have control over your data and your preferences, and can contact us at any time to request or change these. For full details, see our Privacy Policy at <https://carers.org/privacy-policy>, email info@crossroadscareruk.org.uk or call 020 8943 9421.

Friend of Crossroads Care Richmond and Kingston upon Thames
Registered Charity No. 105322

Please send your completed form to info@crossroadscareruk.org.uk

Alternatively, print your completed form off and send to:
Crossroads Care Richmond & Kingston upon Thames, 1 Beverley Court,
26 Elmtree Road, Teddington, Middlesex TW11 8ST

How You can Help

- Every donation, large or small, helps Crossroads Care to improve the lives of Carers and the people they care for
- Funding will help us directly reduce our long waiting list – to support individuals and families and Carers both emotionally and practically through their caring experience
- £20 will buy 1 hour of high-quality emergency respite support
- £10 will enable a Carer and their loved one to attend one of our community-based projects

Easy Ways to Give

- Fundraise as an individual, school or corporate using www.justgiving.com to create a fundraising platform
- Make a regular or one-off donation via: <https://xero.gocardless.com/pay/co/GEN3398333991>
- Volunteer for the charity
- Join us by becoming a member, and attend our AGM and help influence strategy
- Follow us on [Facebook](#) and/or [Twitter](#)
- Make a regular or one-off donation. Call 020 8943 9421 or visit www.crossroadscareruk.org/donate



Get in Touch

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