



***Inverness Direct  
Access  
Accommodation  
Service Provision***

*If you are in crisis  
and are in need of  
emergency  
accommodation for  
one or two nights  
please telephone  
01463 718693 to  
see if we can help.*

## Charities and Voluntary Organisations cannot stand still in these difficult times, so neither can we!

Welcome to our new look Winter Newsletter, aimed to bring to you, our service users, some useful information, please do feel free to let us know what your thoughts are on the content and what you might like to see in the Newsletter in future. We would love to have from you stories/poems about your personal experiences which you may feel you would like to share with others.

Our staff and service users have worked together to revamp our organisational logo, and to design

### Hi from Craig

I recently joined the organization as Finance Manager. It's a new role which as well as focusing on the statutory financial reporting will be responsible for reviewing organizational wide policies, fundraising and securing future funding.

My working history has been within healthcare both within the public and private sector as firstly an Accounts Team Leader with Barchester Healthcare and more recently as accountant for the Surgical Division within Raigmore Hospital. I am a member of CIPFA (Chartered Institute

of Public Finance Accountants) and hold a Master of Arts (Hons) in Accountancy.

Outside of work I like to spend time with the family (3 kids, 1 wife, 0 pets) or playing sport. I also love my music – everything from Arctic Monkeys to The Zombies..

I've really enjoyed my first few weeks with Gateway – it's obvious that we have a team who are committed to providing great support to our service users – exactly the kind of organization I can feel proud to work in.

All that remains for me is to wish all our service users a safe, warm and comfortable Christmas. Christmas dinner as usual will be served on Christmas Day in all our Units by our wonderful support teams, enjoy.

**Alex Gilchrist, General Manager**



**Craig Riddle  
Finance Manager**



**Ashley Ross**  
**Care at Home Support Worker**

## Hello I am Ashley

My name is Ashley Ross and I am 21 years old. I am from Brora which is a small village about 60 miles away from Inverness. I enjoy spending time with my friends and family when I am not working. I enjoy visiting new places and going on adventures. I also enjoy going to bingo although I have never actually won anything yet! I have a slight obsession with Pugs and Beagles and hope to own one in the future. I am a very fussy person when it comes to food and I dislike a lot of foods. I dislike the rain and absolutely hate driving in stormy weather.

I have enjoyed my first few weeks working for the organisation and was very happy to be invited along to the Badaguish trip and I had a great time meeting so many of my colleagues there. I have been

training at Chestnut Cottage and have enjoyed getting to know the staff and residents there.

I hope to gain a lot more experience and knowledge while working with Gateway and I am excited about being the first employee for the new Care at Home in the Community Service Provision that Gateway is now providing.

*"Recovery isn't waiting for the storm to pass...  
It's learning to dance in the Rain..."*

### Five a side football

Fitness Instructor Billy Banks holds five a side football games, twice a week, from 12pm to 1.00pm. The football games are well attended and create a really enjoyable and competitive environment. Those who attend the five a side football make regular trips throughout Scotland to take part in five side tournaments, Billy and his teams have quite a few trophies to show off now.

In attendance at these five a side tournaments are Scouts for the Homeless World Cup Football teams and two of Billy's players have been selected to take part in the trials for this, a wonderful opportunity for anyone who is keen to develop their skills in this area.

Would you like to join in the football sessions? – contact Billy on 01463 718693.

### Walking Group

Gateway regularly set off with group of people for a walk which will take approximately 2/3 hours, nothing too challenging. Transport is provided for all those wishing to come along and a spot of lunch is also provided. Our latest walks have been through the Spey Way and a walk up to Fyrish Monument in AIness. Both walks were thoroughly enjoyed by those who took part and our next walk will encompass a Christmas theme and will be out in the Aviemore area. If you wish to join us on our next walk or are interested in some more information please contact Gary Deplacido on 01463 248798.

### FOOD FOR FAMILIES 2015 PROJECT

Gateway along with sponsors Mr & Mrs David Sutherland, The Mustard Seed Restaurant and Williamsons Foodservices will once again be providing frozen meals to families in need during December and January.

Meals are cooked by volunteers from various groups including local schools and churches and are distributed through local Community Centres, Schools, NHS Highland, Social Work and can be accessed by anyone in need at our offices at 57 Church Street, Inverness.

This year we are providing our usual frozen meals of Mince and Potatoes, Macaroni Cheese, Pasta Bolognese and Vegetable Broth.

Should you know of anyone in need of emergency food please telephone 01463 718693 for further information.

### INVERNESS DIRECT ACCESS ACCOMMODATION SERVICE PROVISION

Gateway in conjunction with The Inverness Churches and Blythswood Care provides access to accommodation to provide a place of safety and will be free of alcohol and drugs at all times. This accommodation will be made available to all suitable individuals presenting to Gateway as homeless.

This service is suitable for individual with a range of levels of needs, including those with significant housing and related social needs of an acute nature.

If you are in crisis and are in need of emergency accommodation for one or two nights please telephone 01463 718693 to see if we can help you.

## ***Craig's story: Fishing Trip on Loch Duntelchaig***



On the 15<sup>th</sup> of July 2015, 2 members of staff from the Highland Homeless Trust, Mairi and Rosie put together a fishing trip for all the service users from all of the units.

Myself and one other resident from Roinn went and there were four or five other residents from other units who also came along, none of whom I knew and I must admit they were a fun bunch to be around!

Myself and another resident were collected from Roinn by minibus and we went to the train station to collect the others. Once everyone was on board we left Inverness and headed for Loch Duntelchaig to do a spot off fishing, the staff were so nice they even put on a BBQ for us don't know if I trust Mairi as a cook though! (That's just a joke!!)

It took around 20 minutes to reach the Loch and when we arrived everyone got stuck in and helped to get all the equipment out of the van. There was a good mix of

people, some who knew about fishing and some who knew nothing. All fishing tackle was supplied by staff or if you had your own you could bring that. The guys like myself who knew how to tackle up, showed the others who didn't know how to do it or tackled up for them. Staff also provided bait, worms or maggots and we fished for around 5 hours. We had something to eat from the BBQ and we managed to catch a couple of fish for our efforts; mine being the biggest off course!!!

On the journey home we stopped in at The Dores Inn and we all sat outside and had a coffee etc. I would say the trip was well worth it and I suggest that all residents give it a go. I know I for one would like to have many more trips like this!



## ***Gavin's story***

After completing the Dochas rehab program I got in touch with Gateway with the help from Blythswood. I was going into the unknown, a large adjustment.. I had some fear and no direction.

Vlado and his team, Alison, Jemma, and Marlene my support worker, were professional, friendly and always there to listen to anything that was on my mind. With this kind of support from Marlene I was able to settle in, talk openly and honestly about anything and trust the advice I was given which helped me reach my goals with confidence.

I was giving strength and direction from my stay at Acair House, they gave me the after care that I needed for my early days in recovery which is vital and for helping me move on to my own accommodation and a new fresh start. For that I am truly grateful!



## ***Gateway Team Building event, October 2015***



A team building event was held in October 2015, attended by 18 staff members and Management from all services. All participants were involved in the activities organised by Gateway. I am confident to say that the purpose was successfully completed; all colleagues had the opportunity to build bridges between themselves and understood that the team work plays a necessary part in health and social care. Staff were thankful for the opportunity to meet new colleagues, share their work experience and getting knowledge about the service delivery in different projects run by our organisation. The visit to Landmark was a great success, enjoyed by all. After a late lunch all colleagues went to play the real team building activity - the treasure hunt which lasted for about 2 hours. Winning team shared £ 10.00 each. All staff commented that this was a real positive experience for them

**Vladimir Kramar, Unit Manager**

## Gateway Contacts

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### Gateway Head Office:

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## Food for thought

*I destroy homes, tear families apart – take your children,  
and that's just the start.  
I'm more costly than diamonds,  
more costly than cold – the sorrow  
I bring is a sight to behold.  
And if you need me, remember I'm easily found.  
I live all around you, in schools and in town.  
I live with the rich, I live with the poor,  
I live down the street, maybe next door.  
My power is awesome, try me you'll see  
But if you do, you may never break free.  
Just try me once and I might let you go,  
but try me twice and I'll own your soul.  
When I possess you, you'll steal and lie  
You'll do what you have to just to get high  
The crimes you'll commit, for my narcotic charms,  
will be worth the pleasure you'll feel in your arms.  
You'll lie to your mother, you'll steal from your dad.  
When you see their tears, you should feel sad.  
But you'll forget your morals and how you were raised  
I'll be your conscience, I'll teach you my ways.  
I take kids from parents, and parents from kids,  
I turn people from God, and separate from friends.  
I'll take everything from you, your looks and your pride.  
I'll be with you always, right by your side.  
You'll give up everything, your family, your home,  
your friends, your money, then you'll be alone.  
I'll take and I'll take til' you've nothing more to give  
When I'm finished with you you'll be lucky to live  
If you try me be warned, this is no game  
If given the chance, I'll drive you insane.  
I'll ravish your body, I'll control your mind  
I'll own you completely, your soul will be mine  
The nightmares I'll give you while lying in your bed  
The voices you'll hear from inside your head  
The sweats, the shakes, the visions you'll see  
I want you to know, these are all gifts from me  
But then it's too late, and you'll know in your heart,  
that you are mine, and we shall not part.  
You'll regret that you tried me, they always do  
Nah you came to me, not I to you  
You knew this would happen  
Many times you were told,  
but you challenged my power, and chose to be bold  
You could have said no, and just walked away.  
If you could live that day over, now what would you say?  
I'll be your master, you will be my slave  
I'll even go with you, when you go to your grave  
Now that you have met me, what will you do?  
Will you try me or not?  
It's all up to you  
I can bring you more misery than words can tell  
Come take my hand, let me lead you to hell*