



WELCOME TO THE **SUMMER** EDITION **NEWSLETTER**

2020/21 has been a year of unprecedented challenge and uncertainty for everyone, and while there will be challenges in the year ahead, what we have learned from 2020 will undoubtedly stand us in good stead for meeting these challenges head on.

I am incredibly proud and humbled by the efforts I have seen across the organisation over the past 12 months. The way in which everyone has rolled up their sleeves, taken on the challenges of continuing to provide support to our vulnerable clients, and working together to meet the changing priorities as they became apparent.

Whilst you have all been busy, and continue to be so, providing support to others, please bear in mind your own health and wellbeing. We have introduced our health and wellbeing information now available on SharePoint, where we will be sharing key tips from health and wellbeing experts. We will continue to provide you with useful information and access to resources to help you stay safe and well during the coming months. Everyone has a role to play in this, starting with recognising and

taking care of your own needs to ensure that you can continue to be there, supporting the needs of others.

Most importantly, don't be afraid to ask for help when you need it. Your line manager is there to support you and there are many things that we can do to help, whether it is a physical or mental health concern – please just ask. Don't forget our professional employee counselling service is available should you wish to speak to someone outwith the organisation to provide you with free, confidential support via telephone.

We are aware that positive cases are reducing and it's easy to become complacent, so please ensure that you know what our Covid-19 safe work practices are and follow them at all times. Access to vaccination appointments have been available for some time now, and all those who wish to have the vaccine should by now have had their second jab. If you haven't or you need further advice on this, please get in touch with me. Keep up with the LFT testing and reporting results to your line manager, as this process will help keep us all safe at work.

Please take care and stay safe.

Alex Gilchrist, Gateway General Manager

hello >

SOMETHING TO THINK ABOUT:

Dare to Be

When a new day begins, dare to smile gratefully.

When there is darkness, dare to be the first to shine a light.

When there is injustice, dare to be the first to condemn it.

When something seems difficult, dare to do it anyway.

When life seems to beat you down, dare to fight back.

When there seems to be no hope, dare to find some.

When you're feeling tired, dare to keep going.

When times are tough, dare to be tougher.

When love hurts you, dare to love again.

When someone is hurting, dare to help them heal.

When another is lost, dare to help them find the way.

When a friend falls, dare to be the first to extend a hand.

When you cross paths with another, dare to make them smile.

When you feel great, dare to help someone else feel great too.

When the day has ended, dare to feel as you've done your best.

Dare to be the best you can –

At all times, Dare to be!



Alex

General Manager

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on page 12
THE SIMPSON FAMILY HAVE BEEN A GREAT SUPPORT THIS YEAR.
 Gateway are very thankful for the £655 raised. This is an incredible amount for the homeless and less fortunate.

SUCCESS STORY

Pre-Covid-19, **Matt Campbell** was taking part in personal trainer sessions at a gym. He really missed his sessions during lockdown.

When the restrictions lifted, his **support staff offered to get the personal trainer** to visit him at home until the gyms opened again.

Matt is delighted as he has managed to go from 50-60kg in his dead lift.



Well done, Matt!



A HUGE THANK YOU TO OUR VOLUNTEERS AND SUPPORTERS!
 See page 15
 Morrisons



Amy and James Simpson

Shelley Smith enjoying being back horse riding in Rosemarkie after Covid-19 restrictions were lifted.



See page 13 for more snippets



GET TO KNOW THE DIRECTORS

Iain Todd, Director

I have had the privilege and pleasure of being on the Board of Highland Homeless Trust and now Gateway for over 20 years.

During this period I have seen the charity grow from helping folk who were homeless to widen its remit to provide care and support for folk within their own homes.

We meet as a board of trustees a minimum of four times a year but are provided with the minutes of all the management meetings which keeps us informed. Every management team has its pressures, especially

during this last year and also in view of the nature of our work, but as a board we rely on Alex Gilchrist and her colleagues to deliver on our stated values of empowering every person to achieve their full potential by displaying respect, caring, trust, empathy and being reliable to those in our care.

For me, one of the highlights of the year is meeting the staff, hearing their stories and witnessing, first hand, their passion for the special and important work they all do, without which we wouldn't have survived as a charity for all these years.

COMMUNITY



ATCHCOURNIE SUPPORT ROOM LOCKDOWN PROJECT

Teamwork creates a makeover to be proud of.

During the lockdown, the residents' support room had to be suspended in line with government guidelines. So, the staff team, led by **Support Worker Codie Strachan**, took the opportunity to give the **tired-looking room a complete makeover**.

Three residents were involved, in shifts. All helped in choosing the paint, new pictures, plants and new décor. **The inspiration was to produce a calming and relaxing 'Zen' space for the clients to spend time with their support worker.**

The project has been worked on throughout the pandemic, by all

members of the team, and it has given the three residents a feeling of being involved and included. **They've also been able to express what they would like to see in their support room, to allow them to feel comfortable.**

One of the residents has shown an unexpected talent for decorating and **he would like to progress with further training**, once college courses become an option.

And we're not stopping there – the next painting project is the front door and landing.



THERAPY DOG PEPE AND HIS PAL, JIM

Support Worker Diana Mearns' therapy dog, Pepe, has built a particular bond with Jim – which has made a huge difference to Jim's quality of life. 



After some introductions, **Jim was absolutely delighted to**

meet Pepe, the therapy dog in training, who immediately jumped onto Jim's lap and made a fuss of him. **Jim responded by laughing, talking to the dog and being generally totally besotted with him.**

Previously Jim worked as a shepherd, so was used to having dogs around and delighted to have a visit from Pepe.

Since then, **Pepe and Jim's relationships has gone from strength to strength** – Jim is much more interested in the dog visits than the support visit.

Jim doesn't have very much contact with anyone and spends lots of time alone, so **Pepe has enhanced his quality of life significantly.**



CARE AT HOME

INVERNESS CARE AT HOME TEAM UPDATES

Welcome to our new Care at Home Support Workers!

LAUREN MACDONALD

'I've worked with **Gateway** since August 2020 and my experience here so far has been brilliant. **I decided to join Gateway as I was looking to gain experience in the care profession** whilst working on my HNC Social services course before going into my Nursing Degree

but **I also wanted to work somewhere that really cares for both their service users and staff and Gateway 100% supports that.**

What I enjoy most about working for Gateway is being able to get to know all the service users and hearing all the wonderful stories from

their past and present whilst helping them to stay happy and comfortable at home. **I also love that there is immense support for staff and many opportunities to participate and have our say for ideas to improve the service we provide, which really makes you feel part of the team!**

CAROLINE MACKINTOSH

'I started working with **Gateway** in February of this year, having been an auxiliary nurse for 25 years. I didn't realise how much

I missed it, so **I would like to thank you for employing me!**

I am absolutely loving it and so passionate about my job – I have enjoyed building a good

relationship with all service users, **with great support from management.**

BELINDA JOHNSTONE

'**Hey, I'm Belinda!** I'm an Aussie who has been living in Inverness for the last two years. I love running, hiking and rock climbing and my days

off are often spent out in the Highlands and the hills on adventures.

I enjoy working for Gateway because I work with an awesome team. And the work

we do, although at times comes with challenges, is rewarding – **learning new things and meeting interesting people along the way.**

Congratulations!
MR & MRS
MacFarlane!

Congratulations!

A massive congratulations to the new **Mrs Iona MacFarlane** on her wedding to **Dean** on 23rd December 2020! **We wish them a lifetime of happiness together.**



THE FUTURE IS LOOKING BRIGHT

Kelly Ross, Support Worker, tells us more about how a service user, AK, has begun to **thrive with the support of Gateway**.

At Gateway, we strive for our service users to thrive whilst they receive our positive care and support. With this, we encourage them to make healthier and more positive life choices so that they can be the best version of themselves. AK never thought she would be as happy and settled as she is today.

AK first came to Gateway to stay in No. 45. **She was afraid of everything**, and very **unconfident around people as she felt she could not trust anyone**. AK has **poor health**, and she was **homeless**, with no clothes or personal belongings. **The staff helped AK to receive benefits and to address her health by making appointments at her local health centre**. Staff would regularly remind AK of these appointments as she would tend to forget.

Unfortunately, No. 45 was unsuitable for AK and she began to drink and take drugs. AK felt like she was going downhill fast. She couldn't see a way forwards and, as a result, she ended up in hospital.

AK then moved to Invergordon, where she lives in a comfortable one-bed flat.

AK says, **'The level of care and support is just what I need.** I speak to Kelly every day for a couple of hours, and she helps me with shopping and cooking my meals. I have limited use of my arm due to a fracture that is still healing, and Kelly helps me to do tasks that I cannot do myself. **She brings a big smile every day.**

'Kelly registered me with the local GP, along with that my medication is organised and Kelly collects it every month. **I am starting to smile more and beginning to feel good about myself.**

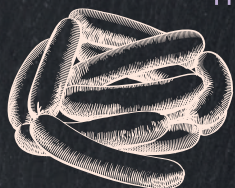
I cannot thank Gateway and the staff enough for everything that they have done for me. Having the right support around me has given me a future and now looking positive.'

AK continues to show me that she can live happily and healthily, with the right influences surrounding her. AK plans to have her own tenancy when she is ready. She has settled in Invergordon nicely, and she enjoys going out with me to look at the water and the beautiful scenery.



I am now on an adventure to find myself – my future is wide open, and it's up to me to make a path to walk. AK, Service User

These two affordable dishes are quick, simple and tasty for the whole family!



SAUSAGE RAGU WITH PASTA

Serves: 4

Prep: 10min > Cook: 30min > Ready in: 40min



Penne

Ingredients

Method

- 
- 
- 3 tbsp. olive oil
 - 1 onion, chopped
 - 2 large garlic cloves, crushed
 - 2 rosemary sprigs, leaves finely chopped, or 1 tsp. dried rosemary
 - 1/4 tsp. chilli flakes (optional)
 - 2 x 400g cans chopped tomatoes
 - 1 tbsp. sugar
 - 6 pork sausages
 - 100g spinach, roughly chopped
 - 150ml whole milk
 - 1 lemon, zested
 - 350g penne pasta (or the pasta of your choice)
 - Grated parmesan, to serve

1. Heat 2tblsp of the oil in a saucepan. Fry the onion with a pinch of salt for 7 mins. Add the garlic, chilli (if using) and rosemary, and cook for 1 min more. Add the tomatoes and sugar, and simmer gently for 15-20 mins.
2. Heat the rest of the oil in a frying pan over a medium heat. Squeeze the sausage meat from the skins and fry, breaking it up with a wooden spoon, for around 5-7 mins or until golden brown. Add to the sauce with the spinach, milk and lemon zest, then simmer for a 5 mins more.
3. Cook the pasta, and then drain and mix it with the sauce. Sprinkle parmesan over the top.


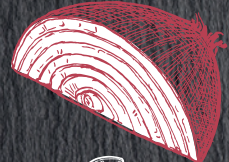

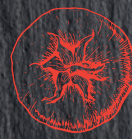

PEPERONATA PENNE PASTA

Serves: 4

Prep: 10min > Cook: 20min > Ready in: 30min

Ingredients

Method

- 
- 
- 
- 
- 
- 375g penne pasta
 - 280g jar grilled peppers in oil
 - 1 red onion, sliced
 - 2 garlic cloves, crushed
 - 1/3 cup semi-dried or dried tomatoes
 - 250g cherry tomatoes, halved
 - 2 tbsp. red wine vinegar
 - 1/2 tsp. caster sugar
 - large handful of parsley, roughly chopped

1. Boil pasta using packet directions.
2. Drain peppers, keeping the oil. Heat 2 tsp. of the oil in a large, deep frying pan. Add onion, and fry for 3 minutes or until softened. Add garlic, and cook for 1 minute. Add peppers and tomato. Cook for 4 minutes or until tomato is starting to soften.
3. Add vinegar, sugar and remaining reserved oil. Mix everything together.
4. Drain pasta. Add parsley and pasta to the pan. Season with salt and pepper. Mix it all together.

Enjoy!

SUCCESS STORY

A BOOST IN CONFIDENCE

Here Kim Moore of the Outreach Team tells us a little about her client's journey and how his confidence has soared.

My client is quite shy, but I would like to share how our support time together is going as I've seen such a **change in his confidence since we began support**. He is a young person who is on the Autism Spectrum, and from his support **he wanted to learn socialisation and life skills such as cooking**.

Each week, he chooses a recipe, and we write a list together of all the ingredients we will need. When we first began support, we would be starting from scratch, looking out all the ingredients and appliances we would need, but as the weeks have gone on, when I go round, he has looked out everything we will need before my arrival.

In the beginning he needed a lot of support with measuring ingredients etc, but **his confidence is growing each week and he is doing more and more of this with just my guidance**. Even doing the clean-up after we make a mess of the kitchen (which always happens!) is now a natural next step after cooking, whereas initially I would prompt him to assist with this.

We've had lots of successful recipes and a fair few disasters too, but I think the important part is that **he has fun whilst learning new skills!** Our biggest disaster was when he chose that we should bake bread. This was entirely unsuccessful, and we termed the loaf 'a doorstep!' Although our doorstep wasn't edible, **we both laughed lots at our disastrous attempt**.

His birthday landed on one of our support days and I asked him at the time if he wished to go out and do something on his birthday instead of cooking. He told me no, he'd prefer to cook as he enjoys it – he suggested we could bake a birthday cake for him instead. We found the chocolatiest, most sugar-filled recipe we could and (thankfully!) **this was one of our successful recipes; he was very proud of how it turned out, as was I**. I stuck some candles in the cake and sang Happy Birthday to him and he laughed, telling me I was going to scare away the birds with my singing voice!

I think we'll need to have another try at the bread though...



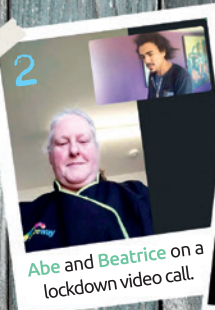
We enjoyed learning new skills while having fun!



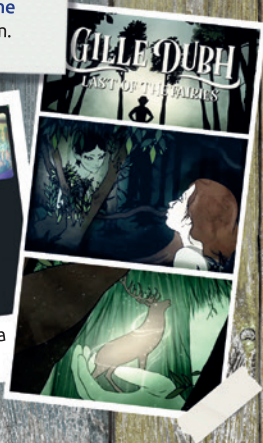
gateway events



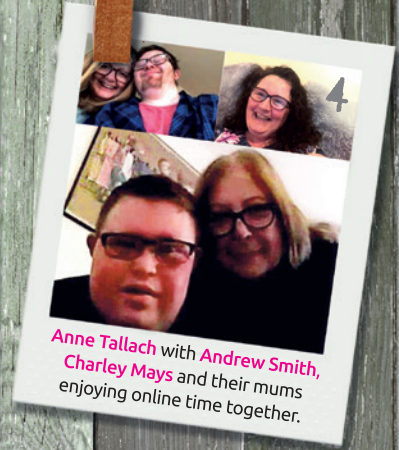
1
Suphin and Lorraine cooking up a storm.



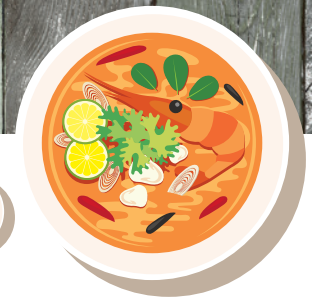
2
Abe and Beatrice on a lockdown video call.



3
Jim on his 100th birthday with his birthday card from the Queen.



4
Anne Tallach with Andrew Smith, Charley Mays and their mums enjoying online time together.



a roundup of GATEWAY events

1 Regaining Lorraine's culinary skills

Support Worker Suphin Nieto has been supporting Lorraine with regaining her skills in the kitchen following a stroke. Lorraine really enjoys cooking, and her favourite meal to make for herself and her husband is Thai curry.

2 Film success for artist Abe

Abe is an extremely talented and keen illustrator, and was given the opportunity to work on an animation for the local museum. Working alongside a professional animation team, they created a short animated film on the local legend Ghillie Dhu, which was narrated by Sam Hueghan of Outlander fame. This animation was viewed by half a million people worldwide within the first 48 hours of release, and was a joint winner of the Art Fund Museum of the Year. Well done, Abe!

During lockdown, Support Worker Beatrice Willen quickly transferred 1:1s with Abe Locke to online video support. Through video contact, Beatrice was still able to deliver support to Abe with what he enjoys doing, which includes watching films, baking and cooking, and arts and crafts.

3 Happy 100th birthday!

We would like to congratulate James Crooks turning 100! on 10/12/2020.

4 Video chats during lockdown

Video calls have been a great way to help socialise during Covid-19 restrictions. Team Lead Anne Tallach successfully set up video calls between some of our younger service users who enjoyed attending the social club before the restrictions.

5 Message from a service user to Gateway Service Manager, Vlado.



Dear Vlado,

I appreciate from the bottom of my heart all the support and help you have given me over the years which has put me in a good place to stand on my feet and move forward comfortably, mentally, and physically.

I feel I don't require the housing support anymore so I would like to leave the outreach support program at the beginning of April.

Gavin

ACRYLIC POURING ART THERAPY

“On arrival at Roinn – our housing support unit on Telford Road – my first impression was that some colour was required! The walls are magnolia, and the pieces of art on the walls old-fashioned and dull.

My hobby is acrylic pouring, and I have a love of colour, so I asked the residents if they would be interested in exploring their creative potential.

Two residents were inspired by photographs I showed them of art that I have done, so I brought a pile of assorted acrylic paint and mediums, canvasses and an old table I had from my garage studio.

We set the materials up in the kitchen – it can be a messy process. So we covered the floor with plastic sheeting, and

the paint pouring began...

The guys were instantly intrigued by the assorted colours and effects being achieved, and any fears quickly evaporated as they relaxed and started to enjoy the experience.

It was a joy for me to watch their intent expressions and hear the whoops of pleasure as the paint rolled across the canvasses!

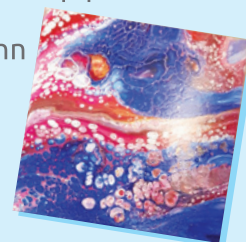
One resident stated that, ‘This is better than drugs – I’m never doing drugs again – I’m buying

paint instead!’ The other resident said ‘Cool!’ several times over.

We removed the dull canvasses from the walls and poured colourful paint over them – transforming them into bright, cheerful and creative pieces that the guys were extremely proud of.

Future art therapy sessions are most definitely in the pipeline.”

Anne Hunter, Roinn House Support Worker.



SUPPORT WORKER MY CANCER JOURNEY

WE ARE MACMILLAN.
CANCER SUPPORT

Support Worker **Eleanor Cheshire** shares her kidney cancer journey in this video for **Macmillan Cancer Support**. It’s all about trusting her instincts: the **good times, bad times, happy times** and **sad times**, and **life going on in between**.

<https://youtu.be/xz1YrehMO60>

SUCCESS STORY

KAY'S STORY

"I have been supported by Gateway since May 2019. My keyworker was Elaine, and we built up a trusting relationship very quickly. Elaine was always very respectful towards me and went over and above with her support. She has supported me through good times and bad, and never been judgemental."

I spent a period of time living in Planefield House and **the support was always there for me** but at that time I was living a chaotic lifestyle due to past trauma and I chose not to listen to advice. My behaviours eventually led to my eviction from Planefield. I then moved into B&B accommodation. **My support with Elaine continued and this negative period of my life turned into a very positive one.**

I met my partner Sylwek and he, along with Elaine, helped me turn my life around. **I stayed away from negative peers who had such an influence on me, and I stopped taking substances and alcohol.** I then found part-time employment at a local hotel, and also applied to college.

I then discovered I was pregnant, and I was determined to make sure my child came first and would do everything

I could to ensure my child was my priority. I wanted my child to have the upbringing I did not have.

Life was hard in the B&B but eventually I was allocated my own tenancy not long after the birth of my son.

My son and my partner have completely changed me for the better and I would not change anything. We are now planning our wedding in July and I am very much looking forward to what our future holds."



I always will be grateful for the support I received. Kay, Service User



MR JM'S DINNER DATE

"I am blind, partially deaf and have no remaining family. My last living friend is unable to visit me in my upstairs flat. As much as I like and am used to my own company; fear of exploitation was always an issue for me.

Gateway have been supporting me for over a year now. The support staff have learnt to do things just the way I like them done – MY WAY!

Actually; I am very fond of the staff and feel comfortable having them in my house. They are now a very important part of my life.

A few months ago, I was taken out for dinner by one of the Gateway support staff. I cannot recall the last time I had been out for anything other than a medical appointment.

I put on my best attire, even my good hat and glasses. **Yes, the handsome chap in the picture is me!**

The staff took their time to describe the whole journey, enabling me to visualise it in my mind.

We had a lovely meal in a restaurant where, again, the staff described my surroundings and created a picture in my mind. I even chose to go into the supermarket with staff on our way home; it's been a long time since I had the confidence to do that.

It was a lovely experience and I really appreciated someone taking the time to think of me and invite me out for dinner.



More recently I have met the love of my life, but you will need to wait for the next instalment to find out about that... JM, Service User



The dinner date with my support worker was a **great success**.

A FRESH START FOR KENNY

Support Worker Peter MacDonald explains how Kenny benefited from the Outreach Service after suffering a stroke.

I support **Kenny**, who lives alone in Inverness. A few years ago, Kenny had a stroke and found this difficult to cope with. He struggled a bit with alcohol due to this.

Kenny was always active and working, and particularly enjoyed woodwork and joinery, which he is excellent at. **During the past couple of years, Kenny has drastically reduced his alcohol intake.**

He has managed, with support, to get his living room decorated. He came to the shop and picked his furniture and fittings. Kenny has also had his carpet cleaned and it looks great!

Kenny is 68 and has a target if at all possible to get his driving licence renewed. Hopefully Kenny will give this his best shot. Watch this space!

AMAZING SUPPORT FROM THE SIMPSON FAMILY



A great big thanks to the fantastic Simpson family!



The **Simpson family** have been a great support to us over the last year. Last year, **Amy Simpson** at just seven

years old ran her first ever 10K to raise money for our charity as she believes 'everyone deserves to have a home'. **Amy had an original target of raising £100 and in total managed to raise an incredible £655.**

Amy, along with her little brother **James** and their mum **Karen**, have been very involved in helping us out over the last year. They took part in our **Brownie Challenge** and made



some delicious looking brownies with a recipe and ingredients provided by Gateway and Tesco Extra Inverness, which the whole family got to enjoy.

More recently, **Amy and James** wanted to help out again and delivered lots of toiletries during our Christmas Food For Families Project, along with some of their own toys which we were able to give out to families and children who

were in greater need over the Christmas period.

We have very much enjoyed working alongside the Simpson family and gratefully appreciate all the hard work and dedication they have shown to helping the homeless and less fortunate.

We want to thank them all individually for all they have done, and we look forward to working with them again in the future.

Thank you for your support

MRS B'S OUTREACH SUPPORT

This interesting, formidable 84-year-old woman readily accepted support from our **Outreach Support workers** over a five-day period.

Mrs B was extremely isolated, living alone, with no close family or friends. She had become increasingly isolated and suspicious of others.

Over many months, Mrs B was supported by all team members, until the right combination for her was found.

Once she felt comfortable, Mrs B was then supported to attend some social events, Bingo, coffee dates and shopping. **Overall her mood improved significantly, and she looked forward to her visits from her support workers.**

Once the Covid-19 restrictions took hold of the country, Mrs B was often dismissive of 'the nonsense', although she did watch Nicola Sturgeon avidly on the TV to check when her 'girls' coffee dates in town' could resume.

Having close support has enabled Mrs B to recognise that she needed the company of others over the 24-hour period, and she has settled well into a local care home. Once the restrictions are eased, our support visits may be able to resume.

SUCCESS STORY

UPCYCLING PALLETS INTO FABULOUS GARDEN FURNITURE



Support Worker Anne Hunter tells us how resident The Gaffer shared his woodworking skills to design and create some funky garden furniture from pallets.

I discovered when chatting that one of our residents (who from this point on I will refer to as 'The Gaffer' – his preferred title) had woodworking experience – learned from a previous unit.

The Gaffer had been spending most of his time gaming in his room and had become rather reclusive – like most of the population currently! I suggested he shared some of his carpentry knowledge with me, and that we upcycle old pallets into garden furniture.

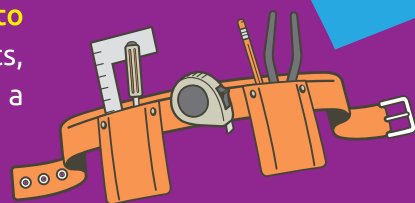
Three-dimensional designs were rapidly produced, pallets obtained, and The Gaffer and I set off to B&M for some building materials, his toolbelt proudly laden!

Outreach worker Greg kindly offered his expertise and spent several hours in the back garden with The Gaffer – sawing, nailing, gluing. The makings of a bench and a garden table began to emerge. Most of the other residents, under The Gaffer's supervision, had a go at trying out the tools.

Service manager Chrissy Kemp proffered several funky container ideas – to be attempted when our skills are a tad more honed!

Teamwork, responsibility and a sense of achievement were among the life skills lessons that evolved during this ongoing project.

The Gaffer said, 'It's great fun to be able to use my woodworking skills again.'



Best of all, though, was the humour and the positive dynamic which manifested throughout the activity. *Anne Hunter, Support Worker*

snippets >

Nathalie Ego invited her mum Lesley to her home in Inverness to have a socially distanced birthday tea party. Nathalie did a great job of making her mum a birthday cake. Looks yummy, Nathalie!



Caitlin Wilson taking full advantage of modern technology during lockdown doing an online cooking class.



James MacAndrew enjoying getting his hands dirty on a nice spring day, getting his planters ready.



Christina Lamont as proud as punch with her homemade lasagne. Looks delicious!



Kirsty Peacher celebrating three years with Gateway. It has been a pleasure supporting Kirsty, who has come such a long way.



"I am living again, living a more fulfilled life"
Thank You Gateway!

A NEW LEASE OF LIFE

Jan tells us how much the support she receives from Kim Vass, Support Worker in our Outreach Team, means to her.



"Since I have been receiving support from Gateway it has given me a new lease of life. I suffered a stroke over seven years ago, and spent over six months in hospital recovering.

As you can imagine, it has affected every aspect of my life and most of the friends I had did not know how to be around me. My husband works full-time and let's be fair – a woman needs girl time!

Gateway have given me some of my old life back and I have made new 'friends' in the form of support staff. Losing most of my speech and mobility yet here I am, laughing and making jokes while traveling all over the Highlands!

Turns out that being in a wheelchair doesn't stop me going on a boat. Although I can't open one of my hands, I can still go to the nail bar

and have my nails done.

And not being able to lie on a beautician's bed doesn't prevent me from having my lashes or brows done.

I am living again, living a more fulfilled life than I had thought was possible since the stroke. I am truly grateful for the support I receive and look forward to seeing what adventures I will get up to with the staff from week to week.

This year has brought with it its own challenges, but I have big plans for the next – look forward to seeing pictures of me horse riding and going out on a motorbike in 2021!



With the right support... anything is possible. Jan, Service User

A HUGE THANK YOU TO OUR VOLUNTEERS AND SUPPORTERS!



With Christmas gifts and funding being made available from the **Moray Firth Radio Cash For Kids Project**, a very generous donation received from local businessman **Robbie Girvan**, food hampers received from **Vineyard Church** and huge support from **Inspiring Scotland** we were able to support **254 families this Christmas**. Extended funding from the Cash For Kids Project enabled support to continue well into the new year.

What made this project a little bit different is – our gifts, clothes and food were all bought specifically to meet the needs of the families who were receiving them. **This is labour intensive but well worth the effort to give people the right things.**

A huge thank you also to **Lynn and Codie, Gateway staff**, who worked very hard assisting with purchasing all the toys, food and clothes that were required for the project.

THANK YOU FOOD FOR FAMILIES



Despite the restrictions of Covid-19, which prevented some of our usual teams from volunteering to cook, we were delighted that we were still able to provide a great number of meals for those in need. A great big thank you goes to:

★ **HMP PRISON INVERNESS THE VINEYARD CHURCH UHI CALMAN TRUST – READY FOR LIFE OLD HIGH ST STEPHENS CHURCH ALISON WATSON AND CHILDREN GATEWAY'S IN-HOUSE COOKING TEAM** ★



They prepared and cooked 1300 meals which were frozen and distributed to families in need. Many thanks to the Social Workers and the local schools who assisted us to distribute the meals.

In addition to the 'usual' frozen meals, ingredients for full Christmas dinners with all the trimmings were also supplied to twelve local families.

As always, many thanks to ongoing sponsors of the Food for Families project (Mr & Mrs David Sutherland, Mrs Catriona Campbell (The Kitchen and Mustard Seed Restaurant) and Williamson Foodservice.



THANK YOU MORRISONS INVERNESS

"We would like to say a special thank you to Morrisons Inverness and their generous customers for all the support they have provided to us this year so far. The donations we have received have been of great help in providing support to local families and clients of Gateway.

Another big thank you to Kylie Omand, Morrisons Community Champion, for reaching out to us and allowing us to be involved in the incredible work they are doing.



a big thank you to all the team.

Thanks again to everyone for all your hard work over this very difficult year.

Take care of yourselves, and each other, and reach out if you need any help.

We wish everyone a happy and healthy summer ahead!



General Manager

THANK
YOU



At **Gateway** our goal is to **support vulnerable people** in our **community**. We provide a range of high-quality services and activities that improve the well-being of the people we support.

Gateway started back in 1998 when the Highland Homeless at Christmas Trust was founded to provide shelter for folk who were sleeping rough on the streets of Inverness. The service was provided by volunteers providing shelter and respite from inclement weather over the winter months.

Over the coming years we have grown significantly to become recognised as one of **the main supported accommodation and support providers in Highland**. Our services can now be accessed in **Highland, Easter Ross** and **Wester Ross**.

Gateway, a registered charity, now works with as many clients as 150 at any one time, providing supported accommodation to 49 vulnerable adults and supporting an average of 100 people in their own homes with a varying range of support needs. **We aim to promote independent living for everyone that we support, either in their own homes or to move on from our supported accommodations to their own tenancies.**

While our mainstream work has been in housing support services, we have over the past few years expanded our scope to offer **holistic services** to **vulnerable adults aged from 16 to 85**.

Our Care and Support services include:

- Outreach Housing Support
- Outreach Care Support/Care at Home
- Supported Accommodations
- Highland Crisis Accommodation
- Self-Directed Support
- Active Referral Scheme
- Food for Families
- Waking Night Responder Service (WNRS)
- Early Response Service (ERS)

Referral process for all of our services is easy – just contact us on **01463 718693**
referrals@homelesstrust.org.uk
or pop in to our offices at **57 Church Street, Inverness**