



CROSSREACH

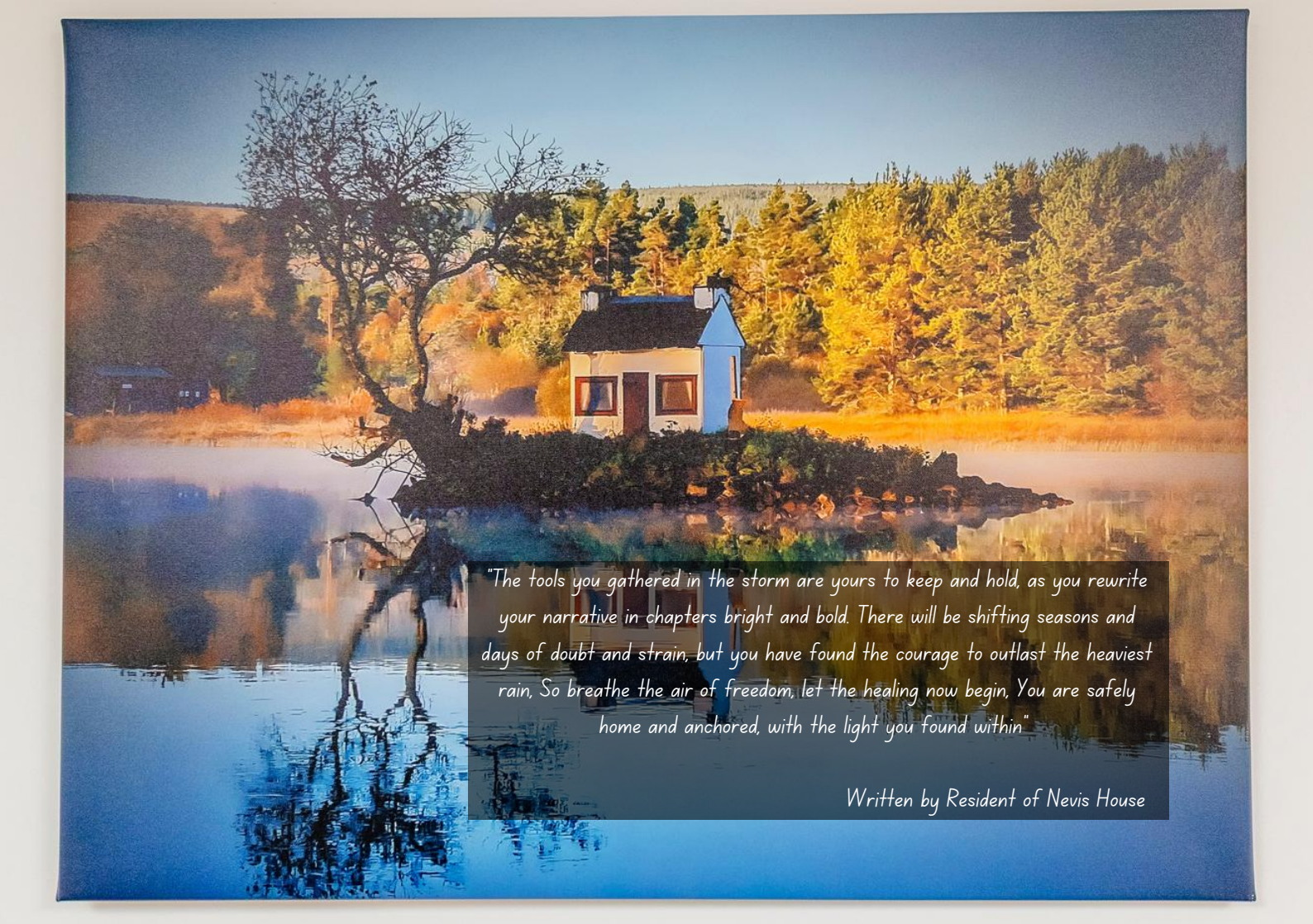
Care you can put your faith in

Nevis House

Residential Recovery Centre

Have a look at what we can offer you





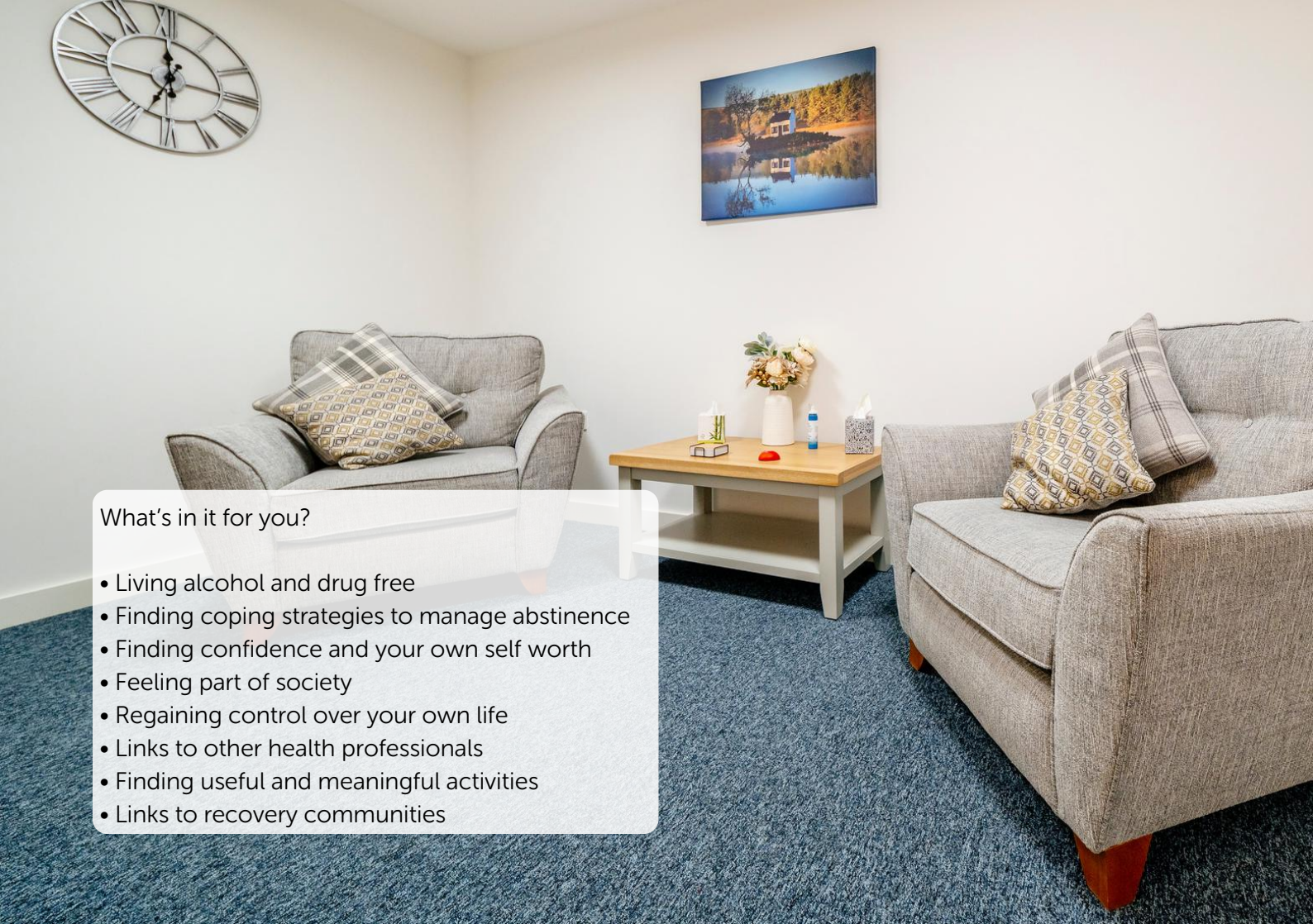
"The tools you gathered in the storm are yours to keep and hold, as you rewrite your narrative in chapters bright and bold. There will be shifting seasons and days of doubt and strain, but you have found the courage to outlast the heaviest rain. So breathe the air of freedom, let the healing now begin. You are safely home and anchored, with the light you found within"

Written by Resident of Nevis House



At Nevis House you will experience a small, quiet, safe environment sharing with 5 other people who are all committed to their recovery journeys free of alcohol and other substances.

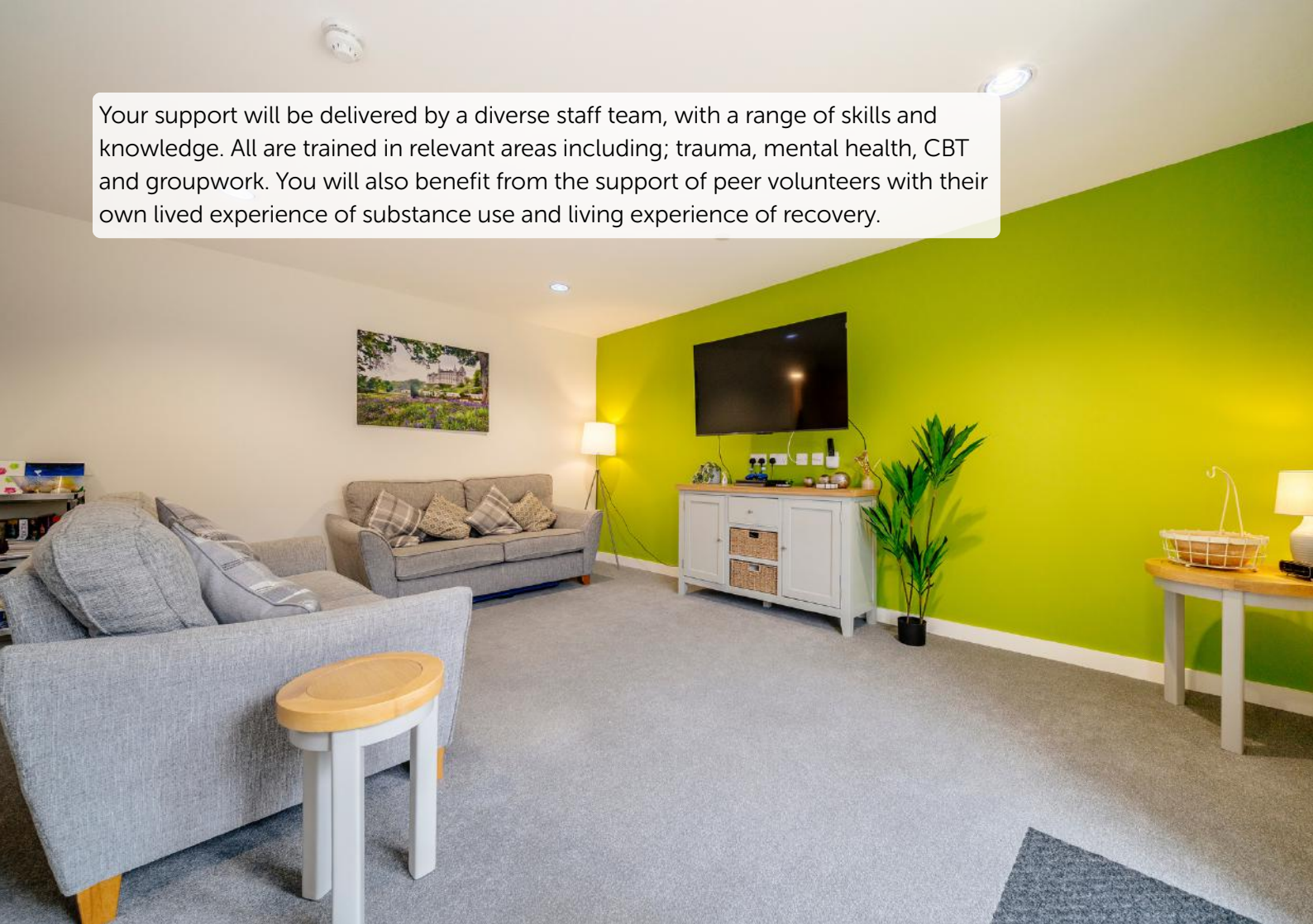




What's in it for you?

- Living alcohol and drug free
- Finding coping strategies to manage abstinence
- Finding confidence and your own self worth
- Feeling part of society
- Regaining control over your own life
- Links to other health professionals
- Finding useful and meaningful activities
- Links to recovery communities

Your support will be delivered by a diverse staff team, with a range of skills and knowledge. All are trained in relevant areas including; trauma, mental health, CBT and groupwork. You will also benefit from the support of peer volunteers with their own lived experience of substance use and living experience of recovery.





You will find Nevis House a welcoming homely place for you to be, as you continue your recovery journey.

The service is located in its own grounds, next to Raigmore Hospital and within a short walk to local amenities

You will benefit from:

- Therapeutic Structured groups (CBT based)
- One to One key work sessions
- Pre admission support
- A variety of activities to encourage self development and recovery
- Opportunities for further education or volunteering
- 2 week semi-independent living transition prior to returning home
- Peer mentoring
- Connection with recovery communities



You may feel anxious and nervous as you take this next step in your recovery journey. We understand that and have staff around 24/7 to support you. Our community worker will work with you as you prepare to make this step.



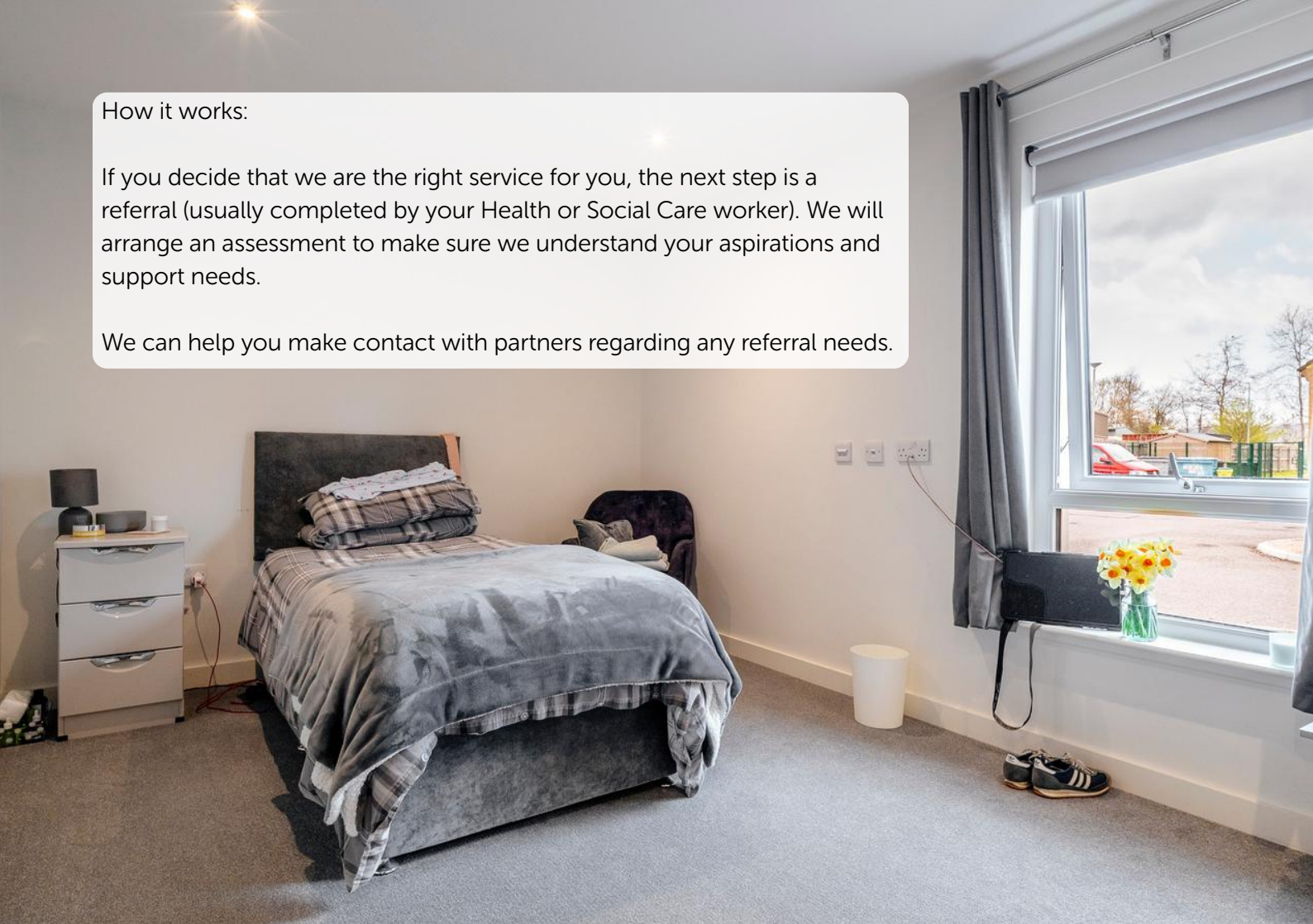
Here are some of our staff who are keen to work alongside you on your journey.
They are all SSSC registered and trained in relevant areas, including CBT group work.



How it works:

If you decide that we are the right service for you, the next step is a referral (usually completed by your Health or Social Care worker). We will arrange an assessment to make sure we understand your aspirations and support needs.

We can help you make contact with partners regarding any referral needs.



At CrossReach we have been showing the practical side of our Christian faith for over 150 years.

We advocate acceptance, inclusion and diversity. Each and every one of our services are open to all and we are proud to support people from all faiths, cultures and backgrounds.



LIFE IS GOOD

I feel valued

I hope you know
how worthy you
are

All that we are
is the result of
what we thought
♥ BUDDHA ♥

Strength...
When you can control
what happens to you,
you can control how you respond.
That's where your
Power is.

Success isn't
always about goals.
It's about consistency.

Darius Johnson

SH--T HAPPENS
LOVE HURTS

This is a reminder
not to judge
all of our judging
lay down our
work, caution and
just be together.

A WONDERFUL BIRD
IS A PELICAN
HIS BEAK CAN HOLD MORE
THAN HIS BELLYCAN

If you want
to be happy,
give love to be happy,
and love
will come.

Be Patient with
Yourself, while you
are becoming you.

The rest is still
unwritten

Describe
what you plan
to do, and
it will come.

Your future
is created by what
you do today and not
tomorrow.

GOT A KNEW
FLAT HOPEFULLY

Change the
way you look at
things and the things
you look at change
way over.

Believe you
can and you are halfway
there.

The secret vice is to
surround yourself with
people who make you
happy. It's then
only when that you'll
find happiness.

Do not have
a bad
day.

NEEDS MANOCH

You are the
'goal'
in every morning

You may encounter
many setbacks, but you
must not be defeated.

Keep your face always
toward the sunshine and
shadows will fall behind you

Keep going,
because you deserve
to see what happens
when all your hard
work pays off.

Your past
explains you, it
does not define you.

Your Pace is
Still Progress

If you don't turn your
life into a story, you
just become a part of
someone else's story.

Terry Pratchett

SON'S ARE
HAPPY

Every softer
day is proof that
change is possible.

Just breathe

Your Vibe
attracts your
tribe

HAPPINESS
IS AN
INSIDE
JOB

Don't count
the days, make the
days count.
Muhammad Ali

"What if I fail?"
Oh, but my darling,
"What if you fly?"

Recovery is not
about being perfect. It's
about choosing yourself
again and again.

In case no one has told
you this today, you are
stronger than
you think.

"Sometimes there are not enough words to capture the essence of a truly thankful heart. A million thank-you's would never be enough. You'll never truly know the difference you have all made. Thank you for everything. All my Love"

"To all the staff in Nevis. You all have changed my life for the better and I am so grateful for each of you. Your support, kindness and patience have been unwavering. I honestly can't thank you guys enough for what you've done for me. You all deserve a medal for all your hard work. Amazing team!!!"

"Thanks for everything you've done for me. Your support and kindness meant a lot. I'll always be grateful for the care you all gave me"

CROSSREACH

Care you can put your faith in

If you have any questions, or you would like to arrange a visit, please get in touch.

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The Church of Scotland

Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

