

October Highlights

The Activities team have had a busy October; we have continued to make links and connections with local schools and other Care homes in Sutton. This has led to lots of visits and 'getting together' days with them all.



Local Schools

One of the schools is Brockways Specialist schools, the pupils and staff join us Tuesdays for arts and crafts and the children bring their instruments and play to us. The first day they came to Crossways was World Mental Health Day and we came together to support this. This is proved to be such a rewarding connection for both residents and pupils; seeing them engage together and appreciate each other's company. We are delighted that they now join us every Tuesday morning.

We had the pleasure of welcoming two work experience students from Overton Grange School and Nonsuch High school for half term. Both students spent time in group and 1-1 activities and the feedback from them was very positive and they felt they'd gained knowledge and a better understanding of Nursing homes and the activities they provide

The pupils from Overton Grange join us for their Enrichment programme every Wednesday afternoon where they spend time in group and 1-1 activities.

We are very proud of our relationship with Brockways School, Overton Grange, Nonsuch High School and Grasmere / Jesmund Care homes, not only does this benefit the residents, it's also beneficial for the activities teams who now share ideas and suggestions.

Next Month's Highlights...

Fireworks Night

- Tuesday 7th November
- 4:30pm

Relative's Meeting

where we will share all the exciting plans we have for Christmas at Crossways

-Tuesday 14th November
- 2:30pm

Local Care Home Community

We have continued our connection with Grasmere Care Home and spent a lovely afternoon at Overton Park with them where we chatted together, enjoyed tea and cakes and then played games. It was also appreciated that a few relatives also joined us for this.

We also visited Jesmund House one afternoon for a joyful singalong. Going forward our meetings with both Care homes will be every month.



Lavender Workshop

The home was immersed in lavender for a 'Lavender smells and feelings workshop' which was run by Sutton council. The residents were given a talk on the history of lavender and then given the opportunity to make their own lavender bags and smell different scents and then discuss the smells and the thoughts/ feelings they provoke. This was a very interesting workshop and we enjoyed hearing the residents reminisce about the scent of lavender – most remembering their Nans and Mums using it in their underwear drawers!



Caring UK Awards 2023

We are delighted to announce that we have reached the final of The Caring UK awards for Activities Team of the year!! Out of hundreds of nominations across the UK, we are through the final 6 Care Homes. Well done to Lisa, Vanessa and Nigel. The final is on Thursday 7th December in Leicester – we'll keep you posted... 😊



Massive congratulations - you're a finalist in the Caring UK Awards!

It's a great achievement, and having spent hours and hours as one of the first round judges helping select the shortlists, I can assure you that you should feel like a winner already!

We have received hundreds of nominations from all over the country and so many were testament to the wonderful work from carers across many different elements of care.

Musical Memories In Banstead

We also had a minibus trip to Banstead Community Centre for an afternoon of Musical Memories, this is a local group that sing together. The afternoon was full of piano playing and singing in a large group. It was lovely to hear our residents sing and reminisce with everyone in the group. We plan to join them again in 2024.

We continue holding smaller group activities where we bring together residents that have similar backgrounds and interests so they can share their memories with one-another.



Activities At Our Home

Rudy, the Therapy dog continues to join us every Thursday, he is part of the Crossways family now and everyone enjoys seeing him as well as having a chat with his owner Liz.

Denny and Richard also joined us for afternoons of entertainment, where the lounge was full of music / singing and laughter.

We continue to focus on individual activities including sensory, manicures, poetry, musical memories, many of these can be enjoyed in the garden.

The interactive touch table is regularly used, and we have also invested in some large floor games so we can play games in groups in the lounges. These games involve everyone and it's great to watch the competitive side come out.

As always, we are ensuring we spend time with those residents who are in their rooms, with personalised activities whether it be creative, reading or simply a good chat with a cup of tea.

We are committed to delivering personalised care to our residents, ensuring they have fulfilling lives. We are determined to keep everybody smiling.



Birthdays In October

We celebrated Paul, Ann's, Jeans and John's birthdays.



Looking Ahead

As we welcome November our thoughts are turning to Fireworks, Remembrance Sunday and then Christmas! With all the Christmas festivities beginning on 1st December where we decorate the home from top to bottom 😊

Stay In Touch & Participate

A message from Lisa – 'Getting to know me' - Please speak to Lisa or the office about this initiative. We feel it is beneficial for both residents, staff and families and is a short meeting where we get to know your loved ones.

If you would like to arrange a meeting with your family members key worker and the activities team for an informal chat about them and their well-being, please let Lisa or the office know. We have found this to be very beneficial and this has led to some great conversations and very funny stories! It also gives you the opportunity to get to know us better and for us to get to know the residents better. Alternatively, please email Lisa on – activites@crosswaysutton.co.uk to arrange this or if you have any ideas/suggestions or would like to volunteer in activities.

Facebook & Website

If you have Facebook please look us up: **CrosswaysSutton**, Lisa regularly posts updates and it is a useful platform for us to keep you involved in all the activities and updates at Crossways.

We have a website: crosswaysutton.co.uk. We post photographs of what we are doing in the home and any upcoming events so you and your families can follow it. We do need consent to put photographs on these platforms, the forms are in the office. Please let Sarah or Alex know if you do not want your relative's photographs published at all and we can make sure that they do not get uploaded.

Thank you for your continued support.

Sarah, Alex & Staff

In The Diary...

Hairdresser

- Every Wednesday

Doctor Visits

- The doctor visits every Thursday to see the most urgent cases.

Church Service

- Wednesday 8th November

November

Comes and
November goes,
With the last red berries
And the first white snows.

With night coming early
and dawn coming late,
And ice in the bucket
and frost by the gate.

The fires burn
and the kettle sings,
And earth sinks to rest
Until next spring.

By Elizabeth Coatsworth

