

Crossways Newsletter

January 2024



January Highlights

January began with us wishing our residents and staff a very happy new year !! We then had the task of taking all the Christmas decorations down, this provoked memories of our decorations at home and how the house always looked bare once they were down, so we often had a 'spring clean'. Continuing on, we celebrated Elvis Presley's birthday with a themed Elvis 'movement to music' and a quiz.

We have enjoyed musical afternoons with Richard and Denny, where we sang along, suggested songs to sing and danced / chair danced. We also held flower arranging activities and participated in the RSPB Big Garden Bird Watch, where we made bird feeders together.

We have also focused on one-one and craft activities, where we can spend time with each resident painting and colouring or if they prefer just having a chat. These one-one's are always led by the resident, and we can often find ourselves immersed in conversations with them, hearing about their families and life history.



Local Schools and Care Homes

We were delighted to welcome back the pupils from Brookways school, who join us every Tuesday morning for music time; where they play on their guitar, keyboard and board games. Some students have formed lovely friendships with the residents and it's so heartwarming to see them engage together every week.

The students from Overton Grange also continue to join us very Wednesday afternoon for games and chats and Seb delights us playing his trumpet.



Interactive Sensory Table

Our interactive table has been regularly used in January, it was recently updated with lots of new programs for us to access and this has proved so beneficial for the residents. They really enjoy all the beautiful colours, shapes/ themes, where they can touch and move the objects projected, including fish that swim away from you while you create ripples in the water, push flowers and leaves around the table, play mini football with a friend, or choose some fun games for developing hand to eye co-ordination.



Josie's Bench

Sadly, we lost our dear resident and friend Josie in December. Josie was known for her love of colouring and drawing, some of which are displayed around the home. Her fun-loving character made her such a pleasure to be around. Her family have kindly donated a garden bench to Crossways in her memory. Josie always loved sitting in the garden, enjoying the sunshine and chatting to residents and staff, so this bench is a touching way for us all to remember her.



Activities At Our Home

Throughout January we were treated to two entertainers Richard and Denny. Both are familiar to Crossways and the residents have a great repour with them, laughing and joking together where the residents have opportunities to requests their favourite songs too !

In conjunction with The Bird Garden Bird Watch we've spent much of January discussing birds and wildlife, held wildlife quizzes and painted pictures of birds.

Rudy the Therapy dog continue to join us every Thursday, where the residents enjoy lots of cuddles and chats with the Rudy and her owner, Liz.

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.



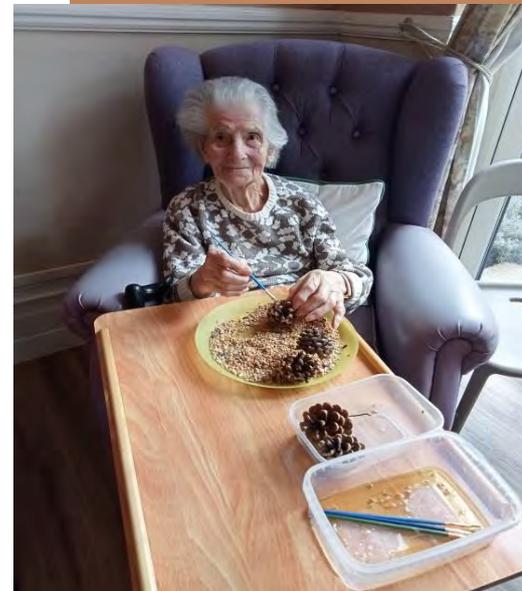
RSPB Big Garden Bird Watch

We enjoyed participating in this event, we made bird feeders from pinecones dipped in honey and rolled in bird seed. This was quite a sticky activity but well worth having sticky hands when we saw the birds feeding off them. We counted how many birds we'd seen in our garden and submitted this to RSPB Birdwatch. We also held group and one-one activities learning about birds, their environment and how we can encourage them to our gardens.



Birthdays In January

We celebrated Christine's birthday this month.



Looking Ahead...February

Chinese New Year - We are looking forward to celebrating the Chinese New Year with a delicious lunch, on Monday 12th February from 12:30pm. If you would like to join us, please let the office know.

Valentines Day – We will be celebrating Valentines Day with a Valentines lunch and after Denny will be joining us for an afternoon of Valentines musical memories.



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.

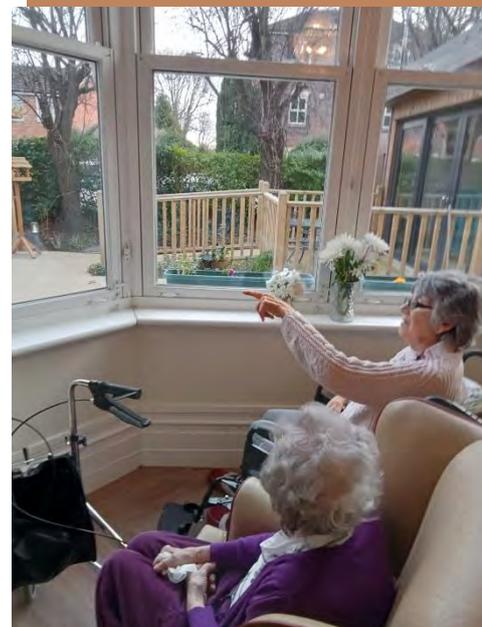
If you would like to arrange a meeting with your family members key worker and the activities team for an informal chat about them and their well-being, please let Lisa or the office know. We have found this to be very beneficial and this has led to some great conversations and very funny stories! It 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 – activities@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. Which has recently been updated. 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



Hairdresser
- Every Wednesday

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

Church Service
TBC

Employee of the month

This is held once a month and voted by the staff, residents and families. We are delighted to announce that Diana and Ada both share this month’s award.

Some of the comments were:

Diana – “she always helps me, always got a smile and nothing is too much”.

Ada – “very hardworking, willing and ready to learn, deserving of this vote”.

Well done to Diana and Ada