

Crossways Newsletter

February 2024



February Highlights

Although February is the shortest month of the year it has been jam packed with a wide range of celebrations and activities. We celebrated Chinese New Year, Shrove Tuesday, Valentines Day, a 90th and 60th Birthday. Going forward will be holding regular themed lunches. This month we had Chinese lunch where the Chinese staff cooked their favourite recipes. Our next lunch will be Ghanaian themed prepared by our Ghanaian staff.

We have enjoyed musical afternoons with Dave and Denny, where we sang along, suggested songs to sing and danced / chair danced. Dave plays his accordion and it's safe to say he is a bundle of energy and fun and the residents thoroughly enjoyed an afternoon of fun, frolics and singing! Some families also joined us and it was great to watch them enjoying the entertainment together.

We also held an afternoon tea for three ladies who are reaching the age of 100 this year. It was an opportunity for them to chat, share their memories and look forward to their big days 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 Tuesday mornings for music time; where they play on their guitar, keyboard and board games. We have also started playing Bingo which can be very competitive between the pupils and residents! 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. We have also arranged visits from Grasmere Care Home and Grennel Lodge Care Home in March



Valentines Day

Leading up to Valentines Day we spent time in groups and individually talking about 'Love' and what this word means to us. The overwhelming response was "My family". This is a true reflection on the love and care of all the wonderful families and friends whose loved ones are here with us now.

Valentines Day was celebrated in Crossway's style; Zara made two delicious cakes, we held a Valentines lunch and Denny entertained us with an afternoon of songs all about 'Love'.

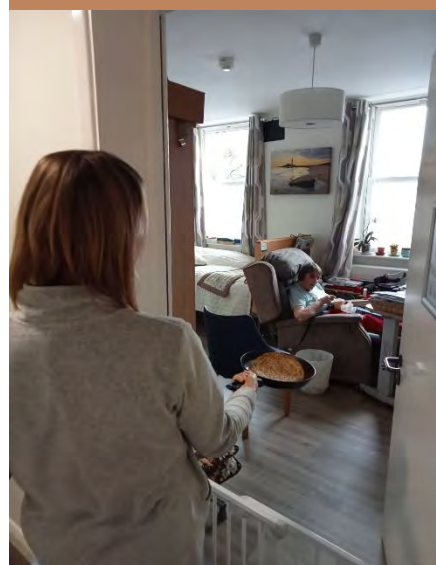




Shrove Tuesday

We had pancakes galore on pancake day, we all had a go at tossing the pancake and the winner was Joan! It was such a funny sight watching everyone focus on their tossing skills and seeing pancakes being thrown around; some nearly hitting the ceiling or a member of staff !!

We also held a large group activity where we spoke about the meaning of Shrove Tuesday and gave lots of interesting facts about this occasion in the religious calendar.



Activities At Our Home

Throughout February we have enjoyed lots of activities and spent time in smaller groups with residents who have things in common from their love of nature, bowls, painting, where they grew up and reaching the grand age of 100. It's important to connect these residents together, so they can share their interests and form friendships.

Rudy the Therapy dog and her owner Liz continue to join us every Thursday and the students from Overton Grange join us for games and chats every Wednesday afternoon. We had our monthly church service where we listened to Bible readings, sang and prayed together or individually.

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.



Birthdays In February

We celebrated Rita's 90th birthday with a big birthday tea party, Martin's 60th birthday with his family and friends. We also celebrated Rosie and Rose's Birthday's





Looking Ahead...March

Relatives Meeting - We are holding a relative's meeting on Wednesday 20th March at 6pm. This is an opportunity for Sarah, Alex and Lisa to update you on staff, menu's, activities and other information about Crossways. Sarah will also explain in further detail the renovation of the kitchen which will commence in April. We will be providing refreshments, please let the office know if you can attend.

Easter – We are looking forward to starting our preparations for Easter. Where we'll be making Easter bonnets and holding Easter arts and craft activities, Easter bonnet competition as well as Easter Sunday lunch.

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.

Mother's Day – Sunday 10th March

St Patrick's Day – Sunday 17th March

Easter Sunday – 31st March

Employee of the month- The votes are now open for March's employee of the month. You can vote by email to Sarah or pop it in the suggestion box by the front door. Good luck to all the fabulous staff at Crossways !

Hairdresser

- Every Wednesday

Doctor Visits

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

Church Service

Wednesday 6th March at 2pm

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: **crosswayssutton.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

