

# Crossways Newsletter

March 2024

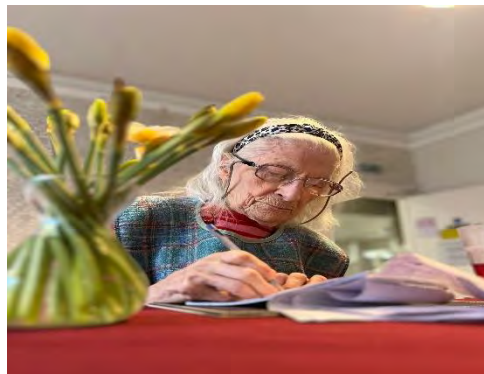
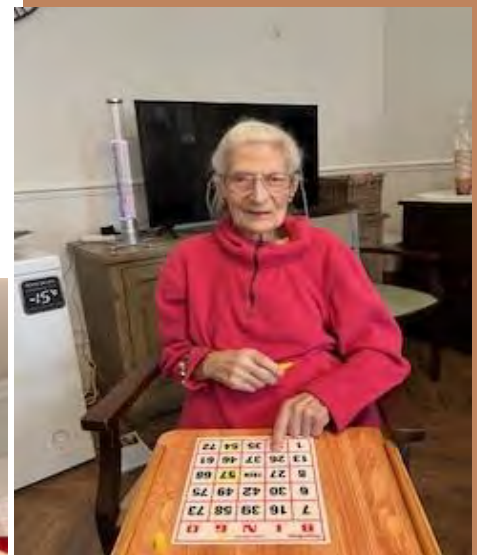


## March Highlights

'March came in like a lion and out like a lamb' This saying was spoken many times throughout March, and we certainly had some windy, rainy days but we were also lucky enough to enjoy the beautiful Spring sunshine in the garden. We celebrated many occasions during March, including Mother's Day, St Patricks Day and Easter.

We also enjoyed a visit from some neighbouring care homes, where we had tea, cakes and a lovely singalong with all the residents and staff. We celebrated 8 birthdays this month including an 80<sup>th</sup> and a 100<sup>th</sup> Birthday. We've also been busy with preparation for Easter.

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

Crossways had a delightful day, hosting three neighbouring care homes – Grasmere Care Home, Grennell Lodge and Belmont Nursing Home. The day was filled with warmth, laughter and community spirit as residents and staff mingled over tea, cakes and heartwarming singalongs. Spearheading this initiative was our Activities Manager, Lisa, who initiated a WhatsApp group for Activities Coordinators in Sutton, fostering connections and sharing of ideas among care homes. The overwhelming response from today's gathering has inspired Crossways to organise more "Let's Get Together" mornings, aiming to further bridge the gap between care homes and promote collaboration for the benefit of all residents and staff. Breaking down barriers and fostering unity within the sector, Crossways Nursing Home is committed to nurturing these invaluable connections for the well-being of everyone involved.





## Community Spirit

Tesco's in Sutton kindly donated Easter eggs for our residents. This is part of their local community project, and we are very very grateful for their generosity.... Our residents certainly enjoyed tucking into their Easter eggs !

## Mother's Day & St Patricks Day

Mother's Day is always a very special day for us all. Leading up to it we painted pictures of flowers and spoke about our Mums and being a Mum. This prompted many touching conversations, hearing everyone share their thoughts and happy memories of 'Mum' We were joined by lots of families for our delicious Mother's Day lunch and Zara's delicious cakes. Each resident was given a daffodil; so, the whole home was filled with flowers and warmth.

St Patricks Day was slightly different.... The Guinness was flowing and for those with Irish heritage their memories of growing up in Ireland. We even attempted the Irish Jig ...which was very entertaining!





## Activities At Our Home

Throughout March 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. We have focused on Easter and made lots of different Easter crafts ; including Easter bonnets, which are all displayed around the home. We celebrated Janet's 80<sup>th</sup> Birthday with a party joined by her friends, family and staff and Joyce celebrated being 100 !!

The little children from the local nursery joined us for 'songs and stories'. It's a joy to see the reactions from the residents when they see the little children. They engage so well with them, holding their hands and singing together. Denny also entertained us with his afternoon of 'musical memories' and the students from Overton Grange continue to join us every Wednesday

Rudy the Therapy dog and her owner Liz join us every Thursday 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

## Easter

During March we have focused on Easter arts and crafts, painting pictures and small easter eggs, which can be seen around the home. . Discussing Easter and what it means to us, individually.

We made Easter cookies and enjoyed delicious Easter meals over the long weekend. Lots of families joined us over this period and it was heartwarming see them enjoy this time with their loved ones. Pat won the Easter bonnet competition which was judged by the students from Overton Grange.







## Birthdays In March

We celebrated Patrick's, Jean W, Janet's 80<sup>th</sup>, Sandy's, Betty's, Maureen's, Joyce's 100<sup>th</sup> and Valerie's birthday this month.







## Looking Ahead...April

**St George's Day** – Tuesday 23<sup>rd</sup> April

**Let's Get Together** – Thursday 25<sup>th</sup> April at Belmont Nursing Home

**Minibus trip** – We have arranged a minibus trip to The Diamond Centre for 'Tea with a pony'

**Kitchen refurbishment** – You will now see we have a temporary kitchen. The works will now commence on installing a new kitchen. We aim to keep any disruption to a minimum but please be patient whilst we adjust to this way of working. It is estimated that it will take one month to complete.

**Hairdresser**  
- Every Wednesday

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

**Church Service**  
Thursday 4<sup>th</sup> April

## 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@crosswayssutton.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: **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

### Employee of the month

A huge well done to Judah for winning the award this month. Some of the kind words were – He is soft and kind to all the people he is contact with. If everybody was like him the world would be a better place. Congratulations Judah!

