

# Crossways Newsletter

May 2024



## May Highlights

We've enjoyed a packed schedule of Activities in May, where we have been able to finally enjoy some sunny afternoons in the garden. Sarah, Zara and Lisa went to Woodcote Garden Centre early one Wednesday morning and returned with an abundance of beautiful flowers that we all enjoyed planting in the pots and flower beds.

We also celebrated Doreen's 100<sup>th</sup> Birthday, she had a wonderful afternoon tea and was delighted to be joined by Madam Deputy Mayor, Cllr Louise Phelan. Doreen shared a truly wonderful 100<sup>th</sup> Birthday with many family and friends.

Our sensory projector has been used a lot this month and we have also acquired a new sensory tool - RITA. RITA is an all-in-one touch Screen digital therapy system which is a relatively new tool in the fields of nursing and healthcare; it encompasses the use of user-friendly interactive screens and tablets to blend entertainment with therapy.

With the donations from our Christmas raffle we have refreshed quite a few board games, including Draughts, card games and magnetic darts. These games have proved to be very popular amongst the residents, where their competitive spirit really shines and can prompt many tense games with lots of engagement between everyone.



## Local Schools and Care Homes

The students from Overton Grange continue to join us every Wednesday for games, chats and Seb plays his trumpet. We have also welcomed Keith a work experience student from Wilson's school who joins us every Saturday. The pupils from Brookways specialist school join us every Tuesday morning. Brookways is an independent specialist day school in North Cheam, designed with a state-of-the-art learning environment which has been created to meet the needs of young people with autism. It is a pleasure to welcome the pupils to Crossways, where they engage with the residents, play games, arts and crafts and when we usually finish our morning with a singalong together.

We have also been joined by Maria and Anna every Monday who are work experience students from South Thames College

Our next 'Let's get together' is booked for Tuesday 18<sup>th</sup> June, where we've been invited to Grasmere Nursing home for a singalong and to enjoy their home-made biscuits!



## Sensory Projector and RITA

RITA stands for Reminiscence/Rehabilitation & Interactive Therapy Activities and is an all-in-one touch screen system offering digital reminiscence therapy. The RITA is a very versatile tool that we've found very beneficial for our residents and families. We have a desk top screen and tablets so these can be utilised in the communal areas and rooms. For those experiencing memory loss or impairment in recalling and sharing events from their past are able to reconnect and engage with aspects of their life and times by listening to music, watching news reports of significant historical events, hearing famous speeches, playing games, taking part in karaoke and watching films.

Our sensory projector is utilised most days and has become a firm favourite with our residents. Bringing together groups where we all enjoy seeing the bright colours and shapes, noises and reminiscing. Please feel free to use the RITA or sensory projector when you visit your loved ones, we have seen such lovely responses watching families immersed in both interactive tools.



## Activities- The Garden and One-one's

When we arrived back from the garden centre the residents were excited to see all the beautiful flowers and eager to supervise on where they were placed in the boxes and baskets. Those with green fingers helped us to plant some of them, whilst Zara spent a lot of time planting and Lai continues to water them regularly. Watching the flowers grow and bloom in the garden is always a joy to see and hearing the residents talk about their memories of their gardens or days out in the summer is a pleasure to listen to. As often as the weather allows, we encourage the residents to sit in the garden, sadly this year we've only been able to appreciate it a few times, but fingers crossed the summer will be kind to us and we can enjoy our ice creams in the garden very soon.

Holding one-one's is a very important part of the activity programme, One-One care is a fantastic way of ensuring those who need a little bit of extra help get the care and attention deserved, to be able to enjoy life to the fullest. This is very beneficial for those residents in their rooms and an invaluable way for us to spend time with them in the quiet of their room. So whilst you may not always see us in the communal areas be assured, we are here spending time in one-one's.



Throughout May we have enjoyed all kinds of activities and spent time in smaller groups with residents who have things in common from their love of nature, bowls, painting and flower arranging. We've held arts and craft sessions, where we've done variety of painting which can often finish with us all chatting and enjoying a good old fashioned singalong together.

We celebrated Doreen's 100<sup>th</sup> Birthday, where she was joined by family and friends aswell as her resident friends.

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 'Singalong with Denny', and Richard joined us for 'Musical Memories' ! And the students from Overton Grange continue to join us every Wednesday. We also had our monthly church service, where we sang hymns, listened to readings from the Bible and prayed together.

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

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 May

We celebrated Shirley, Doreen's 100<sup>th</sup> Birthday. Margaret, Peter and Sallys' Birthday





## Looking Ahead...June

**Dave and his accordion – 4<sup>th</sup> June**

**Church Service – 5<sup>th</sup> June**

**D-Day Remembrance – 6<sup>th</sup> June**

**Minibus Trip – Court Farm Garden Centre – 13<sup>th</sup> June**

**Let's Get Together at Grasmere Nursing Home – 18<sup>th</sup> June**

**Denny's Singalong – 25<sup>th</sup> June**

Please join us for our annual Summer Barbecue, which will be held on Saturday 18<sup>th</sup> August.

Details & Times to be given nearer the date.



# 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: **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 –

We are delighted to announce that Maria has won the award for May. Some of the feedback for Maria’s care was- ‘ she is so kind and gentle, she is always smiling and helpful’

Well done Maria x



## June and the Robin

by Lenore Hetrick

The robin was happy as he flung his fine tail,  
Perched on a branch of the little pear tree.  
"I am in tune with the rare month of June!  
And I am as happy as happy can be!"

"The worms are so fat, the food is so good,  
The sun is so warm and so yellow all day,  
I like to swing up and I like to swing down,  
And I like to watch all of the world at its play.

"No other good month can make me so happy,  
Or bring me this joy in such great, goodly share.  
I am in tune with the rare month of June!"  
The red-breasted robin was heard to declare

