

Crossways Newsletter

July 2024



July Highlights

July began with our annual 'Picnic in the Park', thankfully the weather was kind to us and we were able to take many residents to Overton Park. The gazebo was put up, picnic ready and we enjoyed a wonderful time, playing games and singing together.

We also held our summer Relatives meeting; where Sarah updated family and friends on Crossways and Lisa spoke about Activities.

The children from Devonshire Primary School joined us and kindly donated lots of pots of Marigolds they had grown from seeds. And the little ones from the local nursey came to sing nursery rhymes and story time.

Richard and Denny entertained us with afternoons of singalongs and Musical Memories.

And not forgetting the Football Euro's and Wimbledon Tennis, where we all eagerly watched and cheered, held themed arts and crafts and themed quiz's.

Local Schools and Care Homes

We were delighted to welcome the students from Devonshire Primary School, the children are members of the student council and had grown Marigolds from seeds. The residents were delighted to see the lounges filled with lots of children holding all the flowers, giving each resident one and then kindly staying to have a chat with them. We are hoping to extend the relationship with Devonshire from September and see the children on a regular basis.

Our next 'Let's get together' is being held at Crossways on 1st August where we will be joined by the staff and residents from Grennel Lodge Nursing Home. We are also visiting Belmont Nursing home on the 6th August

The little ones from the local Nursery joined us for a morning of nursery songs and stories. As always, it's heartwarming to see the reaction from everyone, and how well the generations engage with each other.

We have also been joined by Ashani from Wallington High School for her work experience programme. Ashani spent time in group and 1-1 activities, and it was a pleasure to watch her confidence and knowledge grow as the week progressed. We wish Ashani good luck with her exams and continuing studies in the field of Psychology.

Sarah, Alex and Lisa attended the Health & Social Care Conference; this was an opportunity to be updated on Care, CQC and network with other Homes. Lisa was asked to hold a talk representing Crossways on Activities. She spoke with passion about how important and invaluable activities are in Care settings.



Crossways Picnic in the Park

This was a sight to see with all the staff ferrying the residents to the park; the neighbours were even surprised at how many came to enjoy time in the sunshine (although a little windy!) We played ball games, parachute games – which nearly took off ... And enjoyed a delicious picnic. Many thanks to Jean's son who kindly helped us and participated; we are always grateful for any help, and it was lovely seeing Jean and Stewart enjoy their morning together. Also, a big thanks to all the staff who helped move and transfer the residents which enabled us to include so many.



Relatives Meeting

This meeting was a great success; we were joined by lots of relatives and friends eager to be updated on Crossways. Sarah started the meeting by asking everyone to introduce themselves this proved an icebreaker and soon the conversations were flowing amongst relatives who have a common interest in Crossways. Sarah gave updates on Crossways and Lisa then spoke about upcoming Activities and the continuing collaboration with neighbouring homes and schools. Then it was onto the cheese and wine and getting to know each other. Many thanks to everyone that attended, Sarah has since circulated the minutes via email.



Activities

Throughout July we've spent many afternoons in the garden, holding group and 1-1 activities. Themed arts and crafts have been a firm favourite, and our theme's have been Football, Tennis and summer/flowers. As the warm weather continues to August, we are planning to spend more time in the garden holding group and 1-1 activities. And are looking forward to the Olympics and activities planned around them.

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.

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 July

We celebrated Annie's, Jean's and Kath's birthday in July



Looking Ahead...August

'Let's get together' with Grennel Lodge – 1st August

'Let's get together' at Belmont Nursing Home – 6th August

Church Service – 7th August

Crossways Olympics – 8th August

Denny's Singalong – 13th August

Summer BBQ – 17th August

Dave & his accordion - 27th August

The Paris Olympics come to Crossways on Thursday 8th August. We have an action-packed day of activities planned, full of fun and games. The residents will be in teams and competing individually.

Weather permitting this will be held in the garden.



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

Summer BBQ 17/08

Please join us for our annual Summer Barbecue, which will be held on Saturday 17th August from 12pm.

Surrey Jive will be performing at 1pm
Please let the office know if you can come.

