

Crossways Newsletter

August 2024



August Highlights

August has been a bumper month of activities; we held an Olympics day where we played games and enjoyed a fun day in the garden. We also held our annual summer BBQ ; for both events we were joined by so many residents, families and friends.

We also enjoyed a visit to Belmont Nursing Home as part of our 'Let's get together' initiative. The weather has been kind to us, so we've utilised the new patio doors leading out and enjoyed many afternoons appreciating the warm weather and beautiful flowers.

Dave and his accordion and Denny entertained us with afternoons of singalongs and Musical Memories.

We also started Resident of the Week, and this has proved a great success and useful tool for us to update Care plans and spend 1-1 time with each resident. We've enjoyed using the sensory projector and RITA , arts and crafts; all summer themed and walks to Overton Park



Local Schools and Care Homes

We were delighted to organise four 'Get Together's during August'. The staff and residents from Grennel lodge joined us for an afternoon of songs and memories together followed by tea and cakes. Then we went to Belmont Nursing home and played Bingo, we were also joined by residents from Grasmere Nursing Home and ... and we enjoyed an afternoon of musicals at Jesmund Nursing Home.

We've missed seeing the students from Overton School and Brookways School; they will resume their weekly visits to us in September and we are also hopeful that the students from Devonshire Primary school will start a bi-weekly visit here.

Our next 'Get Together 'is on the 5th September and the staff and residents from Grasmere will join us for Bingo.

Lisa has also arranged a 'Big Get Together' on the 12th of September and has invited Grennel Lodge, Grasmere Nursing Home, Belmont Nursing Home, Jesmund Nursing home and Orchard House Care Home. We are very excited to welcome many Nursing Homes to Crossways and feel this benefits the residents in meeting new friends and supports the varied activities staff ; where they can share ideas and collaborate together.

Crossways Olympics

Where can we start.... We planned ahead and were ready for this day but what we didn't prepare for was the overwhelming response from the residents and families who joined us in the garden for what proved to be such a fabulous day full of fun and games, lots of competitiveness and so much laughter. We competed in wheelchair obstacles races, egg and spoon races, hook a duck and the parachute game. We were then joined by staff who sang songs from their native countries, they sang so well and explained the meanings behind each song they chose. From the echoing sound of laughter to the silence among us all hearing them sing so beautifully. A huge thanks to everyone who joined us and participated in what was a fantastic day



Summer BBQ

A relative once commented that “no one does a summer BBQ like Crossways” and this year we upheld this tradition... The sun shone on us all day so we could enjoy the garden or sit in the dining room with the new patio doors leading outside. Surrey Jive joined us to begin the afternoon with Jive dancing and then Sarah, staff and relatives were encouraged to ‘have a go’ In the end, looking around so many people were toe tapping, chair dancing and even dancing in their own little area. Alex’s cooked a huge variety of food on his BBQ, and it was a tasty as always, he again upheld his nickname of ‘King of the BBQ’. The staff also worked hard in making salads and rice dishes and ensuring everyone’s drinks were topped up! It was heartwarming to be joined by so many families and friends and we thank you all for coming.



Employee of the month

We are resuming Employee of the month for September. If you would like to vote, please either email Sarah or write on a card and place in the feedback box on the hall table.

Activities

Throughout August we've spent many afternoons in the garden, holding group and 1-1 activities. Themed arts and crafts have been a firm favourite, and we have concentrated on The Olympics and now The Paralympics. As the warm weather continues, we plan to spend more time in the garden holding group and 1-1 activities. And are looking forward to the Paralympics 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.

The sensory projector has been utilised by many families and we have found this to be a useful tool for families when they visit their loved ones, not only for the sensory programmes but also the quizzes and games. Please feel free to ask Lisa, Vanessa, Nigel or the office if you would like to use the projector.

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 August

We celebrated David B's birthday this month



Looking Ahead...September

Richard's Musical Memories – 3rd September

Church Service – 4th September

Let's Get Together – Grasmere Nursing Home at Crossways 5th September

Denny's Singalong – 10th September

Big Get Together – 12th September at Crossways



Relatives Meeting

Our next Relatives meeting will be held on Thursday 17th October at 2pm. Please feel free to join us.

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@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

Mental Health First Aider at Work

Lisa has recently qualified as a MHFAider at work, this is to gain the knowledge, awareness, and skills to spot signs of people experiencing poor mental health, be confident to start a conversation, and signpost a person to appropriate support. This is seen as an important role within Crossways in supporting the staff and families. If you would like to contact Lisa please speak to her directly or email activities@crosswayssutton.co.uk

