

Crossways Newsletter

October 2024



October Highlights

October began with Dave and his accordion entertaining us, our monthly church service; where Janet kindly held prayers, a fantastic morning with the Ukulele band and then a minibus trip to The Original Cockney Museum.

As October progressed, we enjoyed a lively sing along with Denny and held our Relatives meeting. We also enjoyed visits to Grasmere Nursing Home and Jesmund Care Home and the little ones from the local nursery joined us for songs, stories and nursery rhymes.

We've enjoyed using the sensory projector and RITA , arts and crafts; painting pumpkins and as November approaches, fireworks and reflecting on Armistice day with arts and crafts, group and one-one activities.



Local Schools and Care Homes

We enjoyed a wonderful afternoon at Grasmere Nursing Home, it was lovely to greet our friends at Grasmere and they kindly made a birthday cake for Jean , who was delighted ! They held a very lively singalong, and we enjoyed a cup of tea with the delicious birthday cake.

We were also invited to Jesmund Care home to celebrate United Nations Day with them. They created a beautiful array of food from all cultures, sang songs and made us feel very welcome.

The students from Brookways School have resumed their weekly visits, where we play a variety of board games, card games, Bingo, quiz and chat together. The students are a joy to welcome into the home and many have made friendship with residents, so we were delighted to welcome them back.



We also have welcomed a new cohort of students from Overton Grange, they are a very sociable group and have immediately felt "at home" here, playing board games and chatting to the residents. We look forward to their visit every Wednesday and as the weeks progress, we hope their time here is beneficial in their studies as well as understanding and seeing the true reflection on Nursing Homes. Seb continues to join every other Wednesday to play his trumpet; this is such a treat for us all and we really appreciate Seb taking time out of his studies to play so beautifully to us.



Mini Bus Trip

What a very interesting visit this was! The Original Cockney Museum is in Stoneleigh, and we thoroughly enjoyed our visit, seeing all the history of East London, hearing the story of The Pearly Kings and Queens, whilst listening to all the Cockney music. As we walked around it felt like we were back in East London and this evoked many memories for everyone, it was lovely to hear their stores of growing up, their families and friends. The atmosphere and lighting were very authentic; we held torches and immersed ourselves in the atmosphere of being in East London.



Relatives Meeting

Firstly we would like to thank everyone who attended this meeting, we were delighted to welcome so many friends and families and enjoy an afternoon tea (Yes ! , the bone china tea set made an appearance !) and of course Zara's delicious scones. Sarah and Alex informed everyone on updates to renovations and staff, Lisa shared the Christmas activity calendar, which is still being added to and we were delighted to be joined by the owner Sean who commented on how nice it was to meet so many people. Again, thank you to everyone who attended; Sarah has circulated the minutes via email.

Employee of the month

Please email Sarah with your nominations for November's employee of the month



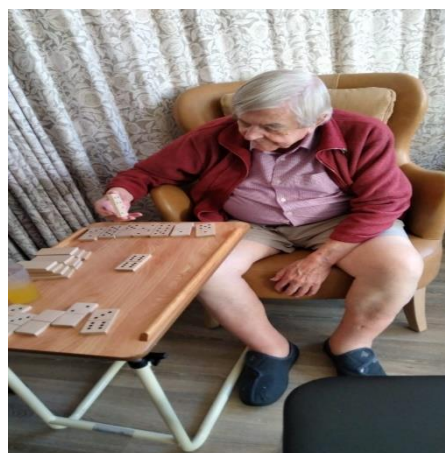
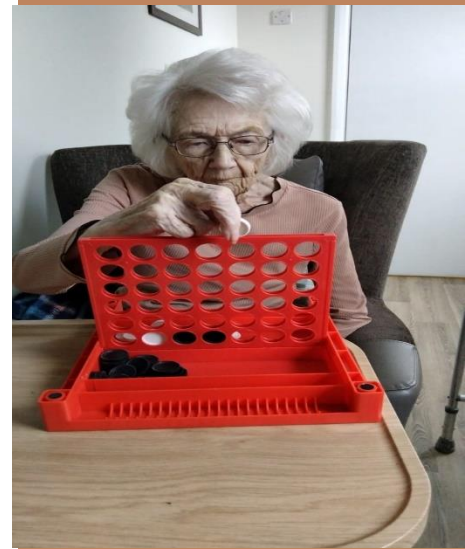
Activities

We were treated to three entertainers in October; our two regulars Denny and Dave, then Steve and his Vibrant Ukulele Band joined us for a fabulous singalong morning. This had been booked for some time as they all live in different areas some outside of Surrey and we certainly weren't disappointed. The lounge was filled with the distinct sound of the ukulele, and we look forward to seeing them again next year.

The little ones from the local joined us for nurse rhymes, songs and stories. When they visit the home is filled with the noise of their stomping feet as they enter the lounges and their beautiful voices when they sing. They always greet us with smiles and when they leave, they go around the rooms introducing themselves and shaking hands.

Our monthly church service was held, and Janet kindly said prayers which were filled with love and thanks for the care she is given at Crossways. As we look to November we are busy preparing for fireworks, Armistice day and Christmas!!

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 October

We celebrated Paul, Anne's, Jean S and John's Birthday



Looking Ahead...November

Denny's Singalong – 5th November at 2pm

Fireworks – 5th November from 4:30pm

Emergency Services Brunch – 6th November from 11am

Church Service – 6th November at 2pm

Remembrance Sunday – 10th November

Armistice Day – 11th November

Richard's Musical Memories – 19th November at 2pm

Let's Get Together – Grasmere Nursing Home joining us – 26th November

Fireworks!

Please join us on November 5th from 4:30pm for fireworks, refreshments and cakes.



Christmas Raffle

Please feel free to donate any items for our Christmas Raffle. The draw will be made at the residents Christmas party.



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 & Instagram

We’re now on Instagram !! Please follow us on @crosswaysnursinghome to stay updated on all the wonderful activities, events heartwarming moments from our home. If you have Facebook please look us up: **CrosswaysSutton**, Lisa regularly posts updates on both platforms.

We have also updated our brochure.

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

November
by Margaret Morgan
Now it is November,
Trees are nearly bare;
Red and gold and brown leaves
Scatter everywhere.

Dark now, are the mornings
Cold and frosty too;
Damp and misty evenings
Chill us through and through.

Busy are all creatures,
Winter food to hide;
Nests to make all cozy
Warm and safe inside.

