

Crossways Newsletter

September 2024



September Highlights

Crossways enjoyed a very busy September for activities with lots of group, one-one's and special visits for our residents. We held our Big 'Let's Get Together' which was a huge success, we were also entertained by Richard and Denny.

Our monthly church service was held, Seb from Overton School joined us, and played his trumpet, we also welcomed back the students from Brookways School.

The warmth of the summer continued into September, so we were able to enjoy the garden and held many group and one-one activities in the sunshine including arts and crafts and bird watching. One of the highlights of the month was a visit from Sutton Fire Brigade for our new resident Rik.

We've enjoyed using the sensory projector and RITA, arts and crafts; all summer themed and walks to Overton Park. As October approaches we've been focusing on Autumn and all beautiful colours it brings to the garden, with arts and crafts, group and one-one activities.



Local Schools and Care Homes

'The Big Get Together' - We were delighted to welcome Grennel Lodge, Grasmere, Belmont House and Jesmund Nursing Homes for our Big 'Let's Get Together'. The dining room was full of many residents from the neighbouring homes and our residents had a wonderful time meeting them all. Richard kindly played his guitar, and the home was filled with a lively singalong and lots of laughter. Zara made some delicious cup cakes and tea was served in bone china tea sets so it really felt like a tea party; it was heartwarming to see everyone engage together and appreciate each other's company. Our next 'Let's Get together' is planned for 22nd October, where we will visit our friends at Grasmere Nursing Home. These get togethers are also invaluable to the activities co-ordinators across all the homes; where they can share ideas and collaborate together.



The students from Brookways school have resumed their weekly visits, where we play games and chat about what they did over the summer holidays. 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 look forward to welcoming back a new cohort of students from Overton Grange; they'll continue to join us every Wednesday afternoon and play board games and the sensory projector. Seb will also continue 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.



Sutton Fire Brigade

What a fantastic visit this was! We'd emailed SFB in regard to our resident Rik who is a retired fireman, hoping they may be able to visit Rik and when we received a call one afternoon to say they were on their way we were full of excitement for Rik and the residents. They arrived in the fire engine and introduced themselves to Rik and with a firm handshake Rik's face was filled with joy and he soon went outside to see the fire engine and chat to them about all its different components. This visit was extra special for us and Rik; for the emergency services to take time out of their busy day to spend time with Rik was very touching and we really appreciated seeing them all.



Activities

The sunny weather continued into September which enabled us to enjoy the garden for a little longer. We held group and 1-1 activities such as birdwatching, arts and crafts, singalongs and small more intimate gatherings of residents with similar interests and backgrounds. Richard sang twice to us this month; he kindly sang for our 'Big Get Together' and also sang in both lounges on a separate occasion. Richard's parents were both previously residents at Crossways so it holds a very special memories and a place in his heart and we always love seeing Richard, hearing him sing and play his guitar. Denny also entertained us and we were treated to Ann's daughter Jackie volunteering to sing, so we found ourselves encouraging Jackie to sing further whilst Denny played, as you can imagine the lounge was filled with much laughter and clapping; a big thanks to Jackie for being our 'Karaoke Queen !'



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.

We have a mini bus trip booked to visit The Original Cockney Museum where we'll hear all about The Pearly Kings and Queens and sample some delicious pie and mash !

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 September

We celebrated Jackie, Joan, Gladys & Margot's Birthday



Looking Ahead...October

Dave and his accordion – 1st October at 2pm

Church Service – 2nd October at 2pm

The Vibrant Ukulele Club – 3rd October at 10am

Minibus trip to the Cockney Museum – 9th October

Denny's Singalong – 15th October at 2pm

Relatives meeting – 17th October at 2pm

Let's Get Together (visit to Grasemere Nursing Home) – 22nd October

Relatives Meeting

Our next Relatives meeting will be held on Thursday 17th October at 2pm.

We will be providing refreshments and Sarah discuss updates on Crossways.

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@crosswaysutton.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: 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

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@crosswaysutton.co.uk

Employee of the month

We are delighted to announce that Zara and Lisa are joint winners for this month. Some of the feedback was:
Zara is always so efficient, organised and kind.
Lisa is a warm friendly face and organises a varied and fun range of activities.

October gave a party;
The leaves by hundreds came-
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.