

# Crossways Newsletter

January



## January Highlights

January can sometimes be a quiet month for everyone, but this hasn't been the case at Crossways, where there is always something going on!

Whether it be group activities or one-one's we try to ensure the residents feel happy, safe and supported. We've enjoyed lots of varied activities from musical afternoon's, themed quiz's, church service, Burn's night and the children from the local nursery, Brookways and Overton Grange school.

One of the highlights has been participating in RSPB Big Garden Bird Watch, where we spent time in groups and one-one's bird watching. We were able to identify many different species of birds, lots of pigeons, squirrels and even a fox ! We also had our first minibus trip of 2025 and went to The Ye Olde Red Lion Pub for a delicious pub lunch and thanked them all for the generous Christmas presents they gifted the residents.



## Local Schools and Care Homes

It was a joy to welcome back the students from Brookways Specialist School, who join us every Tuesday for board games, quiz and a singalong. They have become very familiar with Crossways and are comfortable spending time with the residents and bring such fun and laughter with them aswell as supporting their social skills and confidence.



We also welcomed back the pupils from Overton Grange School who join us every Wednesday afternoon, they too have found this experience beneficial, and we look forward to their visit each week.

The little ones from the local nursery joined us for a morning of nursery songs and stories. The reaction from the residents when they enter is wonderful, faces light up and smiles all round. The little ones sing songs and then go around the room introducing themselves. They bring such joy and happiness it's a pleasure to see.





## RSPB Big Garden Bird Watch

We always look forward taking part in this every year, so with our Bird Watch packs in hand and a cup of hot chocolate, we eagerly awaited the flutter of birds and wildlife in the garden, plotting down on our tally charts the different species we'd spotted; whilst watching them enjoy the bird seed, fat balls we'd laid out for them.

Throughout the year with the seasons changing, we often sit and watch the birds, and this often evokes memories our own gardens which leads to interesting discussions on gardening and hobbies.



## Minibus Trip

Our January minibus trip was to the Ye Olde Red Lion pub in Cheam. We wanted to thank them personally for all the Christmas gifts the staff and patrons kindly donated to the residents.

We enjoyed a delicious pub lunch together; sitting around a table chatting which prompted conversations on pubs, socialising and last but not least the current cost of a pint of beer!! It was lovely to meet everyone at the pub and thank them, we ended our trip with a good old-fashioned sing along together.





## Crossways Companions

Hopefully you have all received an email from Lisa regarding a get together she is setting up for all relatives at Crossways. Lisa felt it would be beneficial for everyone to meet up and get to know one another. We often see relatives chat in the communal areas who offer support and friendship, so this get together is an ideal opportunity for anyone who would like to come along and meet fellow families. As this is the first meeting Lisa is hoping if it's a success she can arrange them on a regular basis. The first one is on – Wednesday 5<sup>th</sup> February at 3pm, please let Lisa know either in person or email [activities@crosswayssutton.co.uk](mailto:activities@crosswayssutton.co.uk) if you are able to come along.

## Activities

We held a variety of activities during January, with lots of arts and crafts sessions, sensory, exercises, themed quizzes from Elvis Presley to 'guess the bird' to playing Pictionary, catch ball and Rudy the therapy dog.

Seb from Overton Grange joined us and played his trumpet in both lounges and individual rooms. Denny and Dave entertained us with two afternoons of live music, Denny playing his guitar and Dave his accordion.

We also celebrated Burn's night with a taste of Haggis and a 'Wee Dram'

Mercia also kindly joined us for her monthly church service.

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.



## Stay In Touch & Participate

A message from Lisa – ‘Getting to know me’ –

We feel it is beneficial for our residents, staff and families to meet and talk in more detail about their loved one. This a short meeting where we get to know in more depth about their life history.

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](mailto:activities@crosswaysutton.co.uk) to arrange this or if you have any ideas/suggestions for new activities.

## Birthdays in January

We celebrated Christine’s Birthday in January



## Facebook , Website & Instagram

We’re now on Instagram !! Please follow us on [@crosswaysnursinghome](https://www.instagram.com/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 and it’s a great way for the extended families to connect and keep updates

We have also updated our brochure. We have a website: [crosswaysutton.co.uk](http://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.

### February dates for the diary

Wednesday 5<sup>th</sup> 2pm – Church Service

Wednesday 5<sup>th</sup> 3pm - Crossways Companions

Thursday 6<sup>th</sup> 2pm – Visit to Grasmere Nursing Home

Tuesday 11<sup>th</sup> 2pm - – Denny’s Afternoon singalong

Wednesday 12<sup>th</sup> – Lunch, Celebrating Chinese New Year

Friday 14<sup>th</sup> – Valentines Day

Tuesday 18<sup>th</sup> 2pm -Relatives Meeting

Wednesday 26<sup>th</sup> 2pm – Richard’s Musical Memories

### Employee of the month

. We are resuming Employee of the month for February. 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

Many thanks

Thank you for your continued support.

**Sarah, Alex & Staff**