

Crossways Newsletter

February



February Highlights

February has been a month of celebrating Love and the Chinese New Year, as well as a variety of other activities. We've spent our time creating Valentines cards, pictures and Chinese themed art and enjoyed delicious lunches on both occasions.

We went to Grasmere Nursing Home for a singalong with the residents and staff and have been entertained with musical afternoons with Denny and Richard.

We also held our first Crossways Companions meeting, which was a great success and Lisa was delighted that so many relatives were able to attend.

The sensory projector has been utilised throughout February in groups and in individual rooms and we've held Zoom call singalongs with other care homes across the country, which has been good fun joining in with them everyone.



Local Schools and Care Homes

Brookways school continue to join us every Tuesday morning and we really look forward to their visit each week. They bring such energy and enthusiasm, and we thoroughly enjoy playing quizzes, hangman and singing with them all.

We welcomed a new cohort of students from Overton Grange as year 13 are now busy preparing for their exams. They enjoy a natter and playing games with the residents and we have Damilola from Merton College joining us at the beginning of March for her work experience placement.

We enjoyed our monthly outing to Grasmere Nursing Home and had a lively singalong with all their residents and staff as well as a slice of cake. And we look forward to them joining us in March.

We also joined lots of other care homes across the county for a Zoom singalong organised by 'Forget me know Chorus'. This is every Thursday morning, and each week we eagerly await to see ourselves on the TV, laughing and waving to everyone and having a good old fashioned singalong together.

We've also started a new initiative and collaborated with Sutton Youth Justice Service. The young people make cakes and biscuits and bring them in for us to enjoy each week. They spend time with the residents whilst handing them out.



Chinese New Year

During the lead up to the celebrations we spent time painting pictures of dragons and Chinese themed art. We'd picked the 12th of February as Zara had been to China to celebrate with her family, so it was only right we waited for her to return and we weren't disappointed!

Zara, Helen, Daniella and Lijun worked extremely hard preparing a delicious lunch for us all, there were so many food choices, full of authentic flavours. We read out facts and on Chinese New Year celebration's and all the traditions around it. Then Ivy, Helen and Zara kindly sang songs from Chinese origin.



Valentines Day

Valentine's Day is a time to celebrate 'Love' whether it be with our spouse, friends or families. We embrace Valentines at Crossways being thankful and reminiscing together. We made Valentines cards and held many arts and crafts sessions together and one-one's. We also spent time sharing our memories of valentines day and how we celebrated it one quote we heard was 'if my husband didn't buy me a card I'd bang on the head with my rolling pin!'

On the day we shared a special lunch together and Zara made a delicious cake. Many families visited and the home was full of hearts and flowers.





Crossways Companions

This was held a Wednesday afternoon, and I was delighted to be joined by so many families. We gathered together and I began the meeting with a brief introduction and then everyone had the opportunity to introduce themselves and share stories about their loved ones; some were very comical! I was touched by the openness as we all spoke about the journey to bring loved ones to Crossways. I was also overwhelmed by the support we were able to offer one another. We then chatted amongst each other and there was lots of laughter and mutual conversations.

I'd like to thank you all for coming and have arranged the next 'Crossways Companions' for Wednesday 14th May at 2pm. Please let Lisa know either in person or email activities@crosswaysutton.co.uk if you are able to come along.

Activities

We held a variety of activities during February with lots of arts and crafts sessions, sensory, exercises, afternoon teas, themed quizzes from Chinese myths, Valentine multiple choices, to playing Pictionary, catch ball and Rudy the therapy dog.

Denny and Richard entertained us with two afternoons of live music, Denny playing his guitar and Richard plays his guitar and tells the story/meaning behind the songs which we all find very interesting.

Mercia was unable to join us for her monthly church service and we look forward to welcoming her back in March. Sadly, we were closed for one week and couldn't hold group activities; so, we spent this time with the residents doing one-one's.

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.



March dates for the diary

Tuesday 4th March 10am –
Nursery School Visit & Shrove
Tuesday

Wednesday 5th 2pm – Church
Service

Thursday 6th 10am – The Vibrant
Ukulele Club

Tuesday 11th 2pm – Denny's
Afternoon singalong

Monday 17th – St Patrick's Day

Tuesday 25th 2pm – Dave and his
Accordion

** Save The Date –
Crossways Summer BBQ -
Saturday 16th August

Birthdays in February

We celebrated Ron, Rita, Judy, Rose and Rosie's birthdays.



Employee of the month

We are delighted to announce that Natalya has won this award for February. Here's some of the comments –

A beautiful young lady who helps the residents look their best. Always happy to help with her lovely smile. The talented Natalya!

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 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**. 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