

Crossways Newsletter

March



March Highlights

We welcomed March with some beautiful Spring days and were able to enjoy our first visit to the garden this year. Appreciating the blossom on the tree's and listening to the birds sing.

We held lots of arts and crafts, celebrating Spring and all the beautiful colours it brings, as well as Shrove Tuesday, St Patricks Day, Mother's Day and we've started our preparations for Easter!

The Vibrant Ukulele Band joined us one morning and we had a wonderful time singing with them. The little ones from the local Nursery visited for a morning full of Nursery songs and stories. We celebrated St Patricks day with a morning of arts and crafts, Irish songs and Lisa attempted to dance the Irish Jig !

Denny and Dave joined us for two afternoons of live music. We also marked World Poetry Day, reading poems together. The sensory projector has been utilised throughout March 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

We were delighted to be joined by Damilola from Merton College for one week during March. Work Experience is an invaluable insight into Care and Nursing Homes and Damilola is hoping to go to University in September and continue her studies to be a Nurse. She spent time with the residents and staff in groups and one-one's. Her welcoming smile and caring nature made her a great candidate for work experience at Crossways and we wish her lots of luck in her career.

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. The students from Overton Grange join us every Wednesday and their fun and interest in the residents brings a very lively atmosphere to the home.

The residents and staff from Grasmere Nursing Home will join us here on Thursday 10th April for our Easter get together and singalong.

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.



The Vibrant Ukulele Band

What a memorable morning this was, the lounge was full of residents and while we eagerly waited for them to arrive, we sang together. The home was then filled with the distinctive sound of the Ukelele, and we shook our maracas and tambourines and sang together. The residents were asked for any requests, and a Crossways favourite was suggested 'My old man's a dustman!' which then led to a huge burst of our best singing voices.

The band are all volunteers and meet up every Monday in Worcester Park, so we ensured they enjoyed refreshments and cupcakes as a big thank you for entertaining us.



Pancake Day & St Patrick's Day

We had pancakes galore celebrating Shrove Tuesday. We also held a pancake tossing competition, residents could toss the pancake in the frying pan. This was all done in a fun style and only one resident managed to nearly hit the ceiling with their pancake! The staff then had a turn, and Bridget was the outright winner and was delighted to be crowned with Rick as 'the pancake tossing champions!'



St Patricks day was celebrated with a day of Irish themed arts and crafts, watching the St Patricks day parade on TV followed by a good old Irish sing song , glass of Guinness and Lisa attempting the Irish Gij, much to the delight of the residents!

Mother's Day

Mother's Day is always a very special day at Crossways for our residents, staff and families. Where we celebrate Mothers, reminisce and reflect together. The residents were greeted with a pretty bouquet of daffodils when they awoke and the sun shone for us all day, so we could enjoy the garden, as well as a delicious lunch and afternoon tea.





Activities

We held a variety of activities March and were able to enjoy some sunny afternoons in the garden. We held arts and crafts sessions and are now busy preparing for Easter, focusing on Easter and putting our creative skills into action. Tesco's in Sutton have kindly donated lots of Easter eggs for our residents to enjoy, this is a link that Lisa encourages and is in conjunction with their local community project.

Mercia kindly joined us for her monthly church service, and we look forward to welcoming her back in April. We spent World Poetry Day reading poems and reflecting on our favourite ones and the sentiment behind them.

Denny and Dave joined us for two fabulous afternoons of live music. March has also been a bumper month for Birthdays where we've celebrated eight birthdays which meant Zara made lots of birthday cakes and we enjoyed many birthday tea's with residents and their families.

We also enjoy our weekly Zoom sing along with 'Forget me know Chorus' and are joined by lots of other care homes across the country where we enjoy a singing together.

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.

Crossways Companions

Lisa has arranged the next 'Crossways Companions' for Wednesday 14th May at 3pm.

Please let Lisa know either in person or email activities@crosswayssutton.co.uk if you can come along. Refreshments and Zara's cakes will be provided.

April dates for the diary

Church service 2pm- Wednesday
2nd April

Wednesday 9th 3pm – Karen's Pets
and Ponies

Thursday 10th 2pm – Our friends
from Grasmere joining us

Tuesday 15th 2pm – Denny's
Musical Memories

Thursday 17th – Easter Bonnet
Competition

Tuesday 22nd 10am – Little Ones
Easter Visit

Tuesday 22nd 2pm - Richards
Easter Singalong

**** Save The Date –**

Thursday 8th May -VE Day
Celebrations 2pm – Denny's
Musical Memories

Crossways Summer BBQ -
Saturday 16th August

***The votes are now open for
April's Employee of the month ,
please submit your entries to
Sarah or in the feedback box in
the entrance hall

Birthdays in March

We celebrated Patrick's, Rick's, Janet, Sandy, Betty, Maureen, Joyce and Valerie's Birthdays



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: **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



Thank you for your continued support.

Sarah, Alex & Staff