

# Crossways Newsletter

May



## May Highlights

We have had a busy month of activities during May. From celebrating VE Day together, enjoying time with families for Crossways Companions to spending many sunny days in the garden.

We were also joined by Nabhia our work experience student, the students from Brookways and Overton schools and the little ones from the local nursery and Rudy the Therapy dog.

Denny and Dave joined us for two afternoons of live music. We also held our monthly church service, where we sang hymns and shared prayers together.

The sensory projector has been enjoyed 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.

Finally, Alex and Sarah would like to extend their heartfelt thanks for the kind words of support you have given to them both. Sadly, Alex had a family bereavement and has been touched by your kind words of condolence. Sarah would like you to know she is home from hospital and recovering well. Crossways is a family and both Alex and Sarah have been moved by everyone's love and support.



## Local Schools and Care Homes

We were delighted to be joined by Nabiha from Merton College for her work experience placement. Nabiha is studying for her Health and Social Care certificate, and it was a pleasure to spend time with. Her caring nature and engagement with the residents was wonderful to see. She spent time in group and one-one activities, and we wish her well in her continuing studies.

Brookways school continue to join us every Tuesday morning where we enjoy playing a quiz together and engaging with the students. 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. We also have more work experience students joining us over the summer from Overton Grange and Nonsuch High School.

Our next visit to Grasmere Nursing home is on Tuesday 10<sup>th</sup> June and we look forward to a singalong with all our friends there.



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.



## VE Day

VE Day was such a wonderful and special occasion for everyone, it is also a time for remembrance and reflection. Leading up to it we spent time preparing with arts and crafts and reminiscence.

On VE Day We were joined by many families and friends, who shared in this historic event with us. Denny entertained us with a lively singalong and the garden and dining room was filled with such joy and singing.

Zara , Lai and many other staff had tended to the garden prior to the day; ensuring it was full of a beautiful array of flowers. And of course, Zara made her delicious signature cakes which we all enjoyed with refreshments.

The weather was kind to us and we danced and sang the afternoon away; even one of the neighbours commented on how they would like to have joined us but instead listened to all the fun from the 'other side of the fence!'

Thanks again to everyone that attend and help make it such a memorable afternoon



## Crossways Companions

This was held one Wednesday afternoon and after having had such beautiful days we braved the shade of the patio garden, so we didn't interrupt the residents in the sunnier garden. Although later in the afternoon we joined the residents in the sunnier garden and sat outside chatting till after supper.

Lisa prepared light refreshments and snacks and was delighted that so many families were able to attend. It was kept informal; giving everyone the opportunity to get to know one another. Sharing their loved one's lives and having a general 'chit chat' together. From the feedback Lisa received everyone found it an enjoyable afternoon having the chance to get to know relatives that they may have seen around the home but not had the opportunity to speak to.

Lisa will send out a proposed date for September soon

Please let Lisa know either in person or email

[activities@crosswayssutton.co.uk](mailto:activities@crosswayssutton.co.uk) if you would like to be added to the mailing list for this.

## Activities

We held a wide range of activities during May and were able to enjoy some sunny days in the garden. We held arts and crafts sessions VE Day and summer themed. Denny entertained us for VE Day and Dave joined us for a very lively afternoon playing his accordion.

The little ones from the local nursery joined us for a morning filled with nursery rhymes and songs, they also went round the communal rooms introducing themselves. The residents' faces light up when they see them and it's heartwarming to see the smiles, laughter, interaction.

We have also focused on one-one's and are encouraging residents with similar backgrounds and interests to spend time together in smaller groups. We played lots of games including the parachute, floor netball and board games as well as regular exercise sessions and the sensory projector.

We also enjoy our weekly Zoom sing along with 'Forget me not 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.



## Birthdays in May

We celebrated Shirley's, Pat's, Doreen's, Vivienne's, Margaret's and Sally's birthdays



## Facebook , Website & Instagram

Please follow us on Facebook to stay updated on all the wonderful activities, events heartwarming moments from our home. If you have Facebook please look us up: **CrosswaysSutton** and Instagram @crosswaysnursinghome. Lisa regularly posts updates on both platforms and it's a great way for the extended families to connect and keep updates

We have a website: **crosswayssutton.co.uk**.. 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.

Thank you for your continued support.

Sarah, Alex & Staff

### June dates for the diary

Tuesday 3<sup>rd</sup> June 2pm – Denny's Musical Memories

Wednesday 4<sup>th</sup> June 2pm – Church Service

Tuesday 10<sup>th</sup> June 2pm – Visit to Grasmere Nursing Home

Tuesday 24<sup>th</sup> June 2pm – Richard and his Accordion

**\*\* Save The Date – Crossways Summer BBQ - Saturday 16<sup>th</sup> August – Surrey Jive will be joining us at 12:30pm.**