

Crossways Newsletter

August

August Highlights

Our summer BBQ was without doubt our highlight of the month. We enjoyed a wonderful party with so many families joining us. Another highlight was our 'Big Get Together with 3 neighbouring Care homes. The garden pod was transformed into a beach hut equipped with sensory objects, the sound of the waves and a sand pit; so the residents could sink their feet in the sand and imagine being by the seaside.

Denny and Richard separately entertained us, Seb made a surprise visit and played his guitar, and we thoroughly enjoyed meeting Bernice our work experience student from Nonsuch High School. We enjoyed many sunny days in the garden, listening to music and held poetry clubs and played board games together whilst enjoying the beautiful garden,

Our activities schedule has been full of a variety of activities from music, reminiscence, quizzes, sensory, one-one's, bingo and karaoke. We have enjoyed many sunny afternoons in the garden, listening to music and enjoying group and one-one time together. Sadly, the minibus trip was cancelled due to the minibus breaking down (Luckily before we left !)

Local Schools and Care Homes

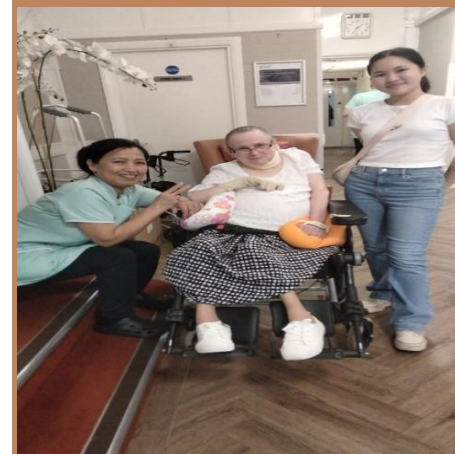
Throughout August we've had the pleasure of being joined by Bernice our work experience student from Nonsuch High School. Bernice has been a delight to spend time with. She has a natural empathy and kindness as well as enthusiasm with the residents and staff. Bernice has enjoyed this experience and found it beneficial to her studies; she is planning on volunteering again during the school half term in October.

As the school holidays end, we are looking forward to welcoming back the students from Brookways School, due to a change in their timetable they will now join us on Wednesday's afternoons.

We are also looking forward to meeting a new cohort of students from Overton School as well as two work experience students who join us for the first week of September.

We always encourage and welcome work experience students at Crossways. For young people, their first experience in a work setting can be transformative. Especially in care, they discover empathy in action as they interact with residents and observe the thoughtful work of staff. Essential life skills like teamwork, active listening and respectful communication.

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Our Big Get Together

Lisa arranged a 'Big Get Together' with neighbouring Nursing home's and we were delighted by how many joined us for an afternoon in the garden with tea and cakes. Denny kindly volunteered to host a singalong, and we had a wonderful time seeing our friends from Grasmere, Grennel Lodge and Belmont Nursing Homes. This is also a great opportunity for the Activity's staff to get together and share ideas. We really value our connections with both residents and staff at neighbouring nursing homes. Lisa runs the what's app group with everyone, so it is an invaluable platform for us to stay in touch. We look forward to meeting everyone again soon.



Summer BBQ

Well, what can we say other than a huge thank you to all the staff, families, entertainers and residents for a truly memorable afternoon. The afternoon kicked off with 'Surrey Jive' dancing, with two costume changes and lots of hip swinging that really started the day off in style. Sarah and some of the staff volunteered to dance and families joined in too.

Alex was busy preparing the food and cooked a delicious BBQ along with many other staff. From then on, the whole day was full of laughter, music and dancing it was a joy to see fellow residents and families enjoy this time together.

Sarah made a speech thanking everyone for attending and then Rita's daughter did a very impromptu speech, speaking from her heart, thanking all the staff for making Crossways such a special place for her Mum.

Natalya then surprised us all by dressing up in an inflatable costume and dancing around the garden waving bubbles in the air making us all laugh in wonderment at her outfit.

There were moments throughout the day that we looked around grateful for the support, warmth and love we share with our families, friends and residents at Crossways.

Thank you all so much for joining us and a big thanks to Alex, Zara and the amazing team.





Activities

We held a wide range of activities during August and enjoyed some sunny days in the garden and Overton Park. The little ones from the local nursery joined us for nursery songs and stories. It's a delight seeing the little ones engage with the residents, greeting them and holding their hands. And Denny and Richard joined us for two lively afternoons of music.

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, poetry. Seb surprised us all one afternoon playing his trumpet to us. Our monthly church service was held. We made the most of the sunny days using our new beach hut, where we listened to the waves and sank our feet in the sand imagining we were by the beach, reminiscing together about past holidays and sharing our memories. Sarah-Jane continues to volunteer, the residents always enjoy seeing her and having their nails done or enjoying a cup of tea and chat together. We held regular exercise sessions, and the sensory projector has been utilised in group and one-one activities.

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 August

We celebrated Wendy's Birthday



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

September dates for the diary

Tuesday 2nd September 2pm –
Dave and his Accordion

Wednesday 3rd September 2pm –
Church Service

Wednesday 10th September 2pm –
Brookways School

Tuesday 16th September 2pm –
Denny's Musical Memories

Wednesday 17th September 3pm-
Crossways Companions (in the dining room)

Crossways Companions

Lisa has arranged the next get together for Wednesday 17th September at 3pm. This is a lovely opportunity for families to meet fellow families and chat together over some refreshments. Please let Lisa know if you haven't received an email invitation for this or if you would like to attend.

If you would like to be added to the mailing list for this

activities@crosswayssutton.co.uk