

Crossways Newsletter

January 2026

January Highlights

**‘The cold winds blow, the frost sets in, But warmth and joy still thrive within.
A cozy fire, a soft-knit throw, A moment of peace as embers glow....’**

January has been a slightly calmer month compared to December with all the Christmas festivities. But we have continued ensuring our residents are happy, entertained and engaged. We have focused on one-one’s, group activities and getting to know some of our newer residents.

We enjoyed taking part in the RSPB Big Garden Bird Watch and despite the weather were able to identify many different species of birds which we submitted to the RSPB.

It was lovely to welcome back the students from Brookways School who join us every Wednesday afternoon for a fun packed and competitive quiz. Richard and Denny separately entertained us with two lively musical afternoons, and Denny kindly took some time to teach one of residents some basic guitar skills.

Lisa arranged for our Parkinsons residents (Parky’s) to go the Parkinsons UK new year lunch, where we enjoyed delicious food with fellow Parky’s. We also had Brain and Body exercises provided by an external provider; this has proved very popular with the residents.

The young people from the Integrated Youth Justice Service continue to bake cakes and make artwork for our residents. The local nursery school visited and it brought a smile to so many faces seeing the little ones sing songs, nursery rhymes and going around the lounges introducing themselves.

Local Schools and Care Homes

Our visit from the students and staff at Brookways has become one of the liveliest afternoons in the week. We always play a quiz together and often the students prepare them before hand ensuring they reflect a wide range of age groups, then to finish we have a singalong together.

We also have a lovely student from Sutton Grammar who joins us every Sunday, he is now becoming more confident in engaging with the residents and is happy to play board games with them.

Lisa is in contact with the local schools & has arranged for their students to join us for work experience programme throughout this year.

Grasmere Nursing Home will be joining us on Thursday 12th March for a singalong with the residents.

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RSPB Big Garden Bird Watch

We take part in this every year and spend time beforehand and making bird feeders with the residents. Over the course of the three days, we look out for the birds and tally which ones we've seen, and this is sent off to the RSPB. Although the weather wasn't too pleasant, we sat watching from the dining room window, played bird songs whilst we eagerly awaiting the flutter of birds. The birds enjoyed our bird feeders so much that we had to restock them. We used our bird chart & identified sparrows, blue tits, magpies our friendly robin.....not forgetting pigeons!



Parkinsons UK New Years Lunch

Lisa arranged with our local Parkinsons group for our residents with Parkinson's to attend their new years lunch at Sutton Bowling Club. This was an enjoyable and beneficial outing for them. They had the opportunity to chat to fellow 'Parky's followed by a delicious lunch and a raffle. We are in regular contact with the chairman of our local branch and are hoping to organise further outings and visits with this group. We have also reached out on social media to see if anyone knows a musician who would be willing to come to Crossways and teach basic guitar & keyboard skills to these residents. If you know of anyone that would be willing to volunteer, please do let Lisa know.



Activities

January can often be a time for reflection, where things become calmer following the busy festive season. But the activities don't stop at Crossways, we try our best to ensure our residents are engaged, amused and entertained. And always allowing times for quietness, where we hold small sensory sessions using the projector, reading poems or simply having one-one time together. We enjoyed our brain and body exercises; this will continue once a month from now on, we encourage all residents to participate. As a team we have learnt from the sessions and continue to hold movement to music regularly using some of the new techniques used.

Denny and Richard entertained us with two very lively musical afternoons. The local nursery school joined us for a wonderful morning; they sang nursery rhymes and we listened to stories with them.

We have also focused on one-one's with our new residents and those in their rooms. This is so valuable for us and the residents where we chat together and they can share their experiences, values & memories.

Birthdays in January

We celebrated Fred'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 updated.

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.

February dates for the diary:

Wednesday 4th 2pm- Church Service

Tuesday 10th 2pm – Denny's Musical Memories

Saturday 14th – Valentines Day

Tuesday 17th – Pancake Day

Thursday 19th – Chinese New Year Lunch

Monday 23rd 10:30am – Nursery School Visit

Tuesday 24th 2pm – Dave & His Accordion

Summer Date for the Diary

Crossways Summer BBQ:

Saturday August 15th from 12pm – Surrey Jive will be joining us at 12:30pm



Thank you for your continued support.

Sarah, Alex & Staff