

Crossways Newsletter

February 2026

CROSSWAYS

February Highlights

“Though, February is short, it is filled with lots of love and sweet surprises.”

We had a full activity schedule with lots of special days during February, celebrating Love, Pancake Day, Chinese New Year and The Winter Olympics. Valentines’ Day was a day filled with love and appreciation, where we enjoyed a delicious lunch together. We were also delighted to receive cards and letters from students in Belgium which we all enjoyed reading together. We held a winter Olympics themed day and had a go at Curling... which we improvised with a broom and a round disc, this was so much fun and very competitive especially when Sarah took her turn!!

Dave and Denny separately entertained us with two lively musical afternoons, and we’ve enjoyed weekly bingo and brain busting quiz’s that really get the residents thinking. We also had quiet time for sensory, small group reminiscence and one-one’s.

The students from Brookways school join us Wednesday afternoon and we continue with monthly Brain and Body exercises provided by an external provider; this has proved very popular with the residents. To finish off a fabulous month at Crossways we celebrated being in the top 20 Care Homes in Sutton. This is based upon reviews from residents, friends and families, by sharing their personal experience of Crossways. This means so much to us and we continue to care and support our residents so they feel Crossways is not just their home it is their family.

Local Schools, Care Homes, Community

The local community is very important to us at Crossways, and we are always keen to connect with different organisations and local groups. On Valentines Day we were delighted to welcome the Ahmadiyya Muslim Association women from Sutton who very kindly brought in cards and gifts for our residents and spent time greeting them in the lounges. We also received wonderful cards and personal letters from students studying in Konich Belgium. These were all such kind and thoughtful gestures, and we hope to continue these two connections and have written back to both thanking them for their acts of kindness. We have also linked with Christ Church Sutton and hope to arrange a monthly church service with them starting in time for Easter. Sutton Community Champions have begun to visit us regularly where they bring surplus food like fruits and vegetables, pastries and refreshments for the residents and staff to enjoy.

Our next visit from Grasmere Nursing is arranged for Thursday 12th March at 2pm where we will enjoy a singalong and afternoon tea with our friends from Grasmere.



Valentine's Day

Valentine's day is always very special at Crossways. Beforehand we arrange shared activities like arts and crafts, music, nostalgia where we focus on friendship and family. Our Valentines Lunch was wonderful, we enjoyed a delicious lunch together and Zara made her signature cakes. So many family and friends joined us and it was really an afternoon to appreciate love in many different ways.



Chinese New Year

The home was decorated in Chinese decorations and artwork painted by the residents and the young people from the Integrated Youth Justice Service. On the 19th February we sat down to the tastiest, authentic Chinese food all cooked by the staff. We invited all our residents to join us and for those who were unable to, we ensured they still enjoyed a tasty lunch in their rooms. After our lunch some of the staff kindly sang traditional Chinese songs to us and gave us very interesting facts on how and why they celebrate this special time in their calendar. It was a memorable afternoon, and we were delighted to be joined by many families and friends.



Activities

We enjoyed watching the winter Olympics during February and had a lot of fun with our Curling competition. For a few days when the sun came out, we were able to walk around the garden and appreciate the flowers budding and the blossoms twinkling in the trees. On pancake day we had fun tossing the pancakes; seeing how high we could 'fling' them! We have enjoyed many afternoons of Bingo, quizzes, board games and arts and crafts. And always allowing times for quietness, where we hold small sensory sessions using the projector, reading poems or simply having one-one time together. Our brain and body exercises continue once a month, we encourage all residents to participate. As a team we have learnt from the sessions and continue to hold regular exercises ourselves, often theming them to different genres of music

Denny and Dave 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. Rudy our therapy dog and Liz his owner have made a welcome return and we held an intimate cheese and wine afternoon, which was received well. 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.

As March arrives, we start looking ahead to Spring, watching the flowers bloom and prepare for Easter.

The Dining room will be closed for redecoration from 2nd March for 2 weeks.



March dates for the diary:

Tuesday 3rd 2pm – Richard's Musical Memories

Wednesday 4th 2pm- Church Service

Thursday 5th 10am – Vibrant Ukulele Band

Thursday 12th 2pm- Visit from Grasmere Care Home

Tuesday 17th 2pm – Denny's Musical Afternoon

Tuesday 24th 2pm – Epsom Singers

Birthdays in February

We celebrated Derek, Judith, Rose and Rosie'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 updated.

We have a website: crosswaysutton.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.

Summer Date for the Diary

Crossways Summer BBQ:

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



World Parkinsons Day

Lisa has arranged an afternoon tea for World Parkinson's Day on –

Tuesday 14th April at 2pm

We will be joined by Crossway's residents 'Parkies' neighbouring Care Homes, she has also invited representatives from Parkinsons UK.

Crossways Companions

Lisa is hoping to arrange the next get together for April, weather permitting we can sit in the garden. She will send out a proposed date soon.

Thank you for your continued support.

Sarah, Alex & Staff