

Crossways Newsletter

March 2026

March Highlights

March comes in like a lion and goes out like a lamb....

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 sessions, celebrating Spring and all the beautiful colours it brings, as well as, St Patricks Day, Mother's Day and are now busy preparing for Easter. Mother's Day was celebrated with every resident given a pretty posy of daffodils and then a delicious lunch together.

We held two very special live music afternoons when The Vibrant Ukulele Band and Epsom Singers joined us; both filled the home with such wonderful music. We also enjoyed an afternoon with our friends from Grasmere Nursing Home when they visited and we had a lovely singalong together followed by tea and cakes. The little children from two local nurseries visited, where they sang nursery rhymes and gave every resident a chocolate egg and an Easter card.

Richard and Denny separately entertained us with two 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.

We continue with monthly Brain and Body exercises provided by an external provider; this has proved very popular with the residents. Our Easter preparations have kept us busy towards the end of March, and we look forward to all the activities planned for April.

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. We have made a lovely relationship with Grasmere Nursing Home and invited them for a singalong in March. We really enjoyed meeting some of their residents and staff and had a fabulous afternoon singing together.

Lisa has secured a monthly service with Christ Church Sutton, and they are holding an Easter service here on Wednesday 1st April at 3pm.

Tesco's in Sutton has been a connection that is valued and appreciated, and they kindly donated Easter Eggs for our residents.

The young people from Early Help & Integrated Youth Justice Service in Sutton continue to visit on Thursdays and bring us home-made cakes and artwork they have created for us. We also have a work experience student from Wilson's School who joins us every Wednesday afternoon, when Brookways School visit.

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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 lunchtime was busy with many families visiting and enjoying a delicious lunch together. The surprise came when the students and staff from Ming Tak Chinese School in Sutton visited. They came dressed in the traditional Chinese dragon costumes and went around the home and in the garden, playing music and singing. What a memorable afternoon this was and a fitting way to celebrate with our wonderful Mum's at Crossways.



Vibrant Ukulele Band and Epsom Singers

This was such a memorable morning when the Vibrant Ukulele Band visited, the lounge was full of residents eagerly awaiting their arrival. The home was then filled with the distinctive sound of the Ukelele and whilst we all sang together, we shook our maracas and tambourines and enjoyed a fabulous morning. 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.



This was our first visit from Epsom Singers and one we won't forget! They joined the residents in the dining room, and it was such a wonderful sound hearing them sing, they encouraged us all to raise our voices too and the whole home was filled with the sound of the male voice choir. The happy faces and joy the choir brought made it one of the highlights for March. Epsom Singers are volunteers who meet in Ewell every Wednesday and it's clear to see how much they appreciate the network of friends and support they have together. We have already asked them to return later in the year and have our fingers crossed they can fit us in.



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 bonnets and decorations, putting our creative skills into action. Tesco's in Sutton 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.

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 Richards joined us for two fabulous afternoons of live music. March has also been a busy month for Birthdays where we've celebrated six birthdays which meant lots of birthday teas with residents and their families; especially Joyce who reached the age of 102.

We recently subscribed to Purple Angels who provide personalised music on MP3 players. As this is a trial, only a handful of residents were given the opportunity to pick their favourite songs to be put on the MP3's. We are hopeful this proves beneficial and so we can roll it out to more residents. This service is free and entirely funded by donations. The local nursery schools joined us for two wonderful mornings; they sang nursery rhymes and we listened to stories with them. Rudy our therapy dog and Liz his owner has made a welcome return.

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 April arrives, we're excited to celebrate Easter with you all (Look out for the Easter Bunny!) and enjoy sunny April days in Crossways Garden.

Birthdays in March

We celebrated Pat's, Rick's, Sandy's, Betty's, Maureen and Joyce's birthdays.



April dates for the diary:

Wednesday 1st April 3pm –
Church Service – Christ Church
Sutton

Thursday 2nd April 10:30am-
Nursery School Easter Visit

Friday 3rd April – Good Friday
Church Service

Sunday 5th April 12pm – Visit
from Crossways Easter Bunny

Wednesday 8th 2pm – Dave
and his Accordion

Thursday 9th 2pm – Karens
Farm Easter Visit

Tuesday 14th April 2pm –
Parkinson's Afternoon Tea

Monday 27th 2pm – Denny's
Musical Memories



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' and neighbouring Care Homes. She has also invited representatives from Parkinsons UK.

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.

Thank you for your continued support.

Sarah, Alex & Staff

Summer Date for the Diary

Crossways Summer BBQ:

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

