

# Crossways Newsletter

May 2026

## May Highlights

In May, the sun beats down with all it's might. And heatwaves dance across the land in sight....

The weather has been unusually warm during May, and we've loved venturing in the garden. Sarah, Lisa and Zara went to the local garden centre and returned with their two cars full of flowers to plant with the residents. We had three minibus trips planned, but due to the humidity we were only able to go on two; The Old Moat Garden Centre and Nonsuch Park. Many of our planned garden activities we relocated to the cooler lounges, where we held arts and crafts, bingo, quizzes and reminiscence.

Richard and Denny separately entertained us with two musical afternoons, and the local nursery school joined us for songs and stories. VE Day was commemorated with an afternoon tea, where we reminisced and had a lovely singalong together followed by Zara's delicious cupcakes. There were two church services held, and we continue with monthly Brain and Body exercises provided by an external provider; this has proved very popular with the residents.

Lisa is looking forward to seeing you all at the Crossways Companions get together this Wednesday at 3pm; this is a great opportunity to meet fellow families, have a chat and enjoy refreshments together.

## Local Schools, Care Homes, Community

Our visit to Grasmere Nursing Home was cancelled due to the hot weather, Lisa is hoping to rearrange this and see our Grasmere friends in June now. The students from Brookways school will resume their visits in September as they are all busy studying for their exams.

The young people from the Youth Justice visit us every Thursday afternoon and kindly bring cakes they have made and artwork for us to display. This is a collaborated project to help our young people to give back to the local community.

## Our Garden

Crossway's garden is a wonderful extension to our home, and we encourage the residents to enjoy it whenever possible. We bought many flowers back from the garden centre, which we loved planting with the residents; feeling the texture of the soil and watching them grow and bloom brings shared enjoyment over the summer months. We endeavour to hold as many activities as possible in the garden, including bingo, reminiscence, brain busting quiz's and small more intimate group discussions. Due the hot weather towards the end of May we moved planned activities to the cooler lounges where we have air conditioning.

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## Minibus Trips

Our sister home kindly let us use their minibus the last week of May and we had three trips planned; unfortunately, due to the heatwave we were only able to go on two.

We had wonderful trips out to The Old Moat Garden Centre and Nonsuch Park. The flowers and plants in both were so beautiful and we spent time walking round immersing ourselves in the beauty of nature, appreciating the colourful delicate flowers. After this we had ice creams and refreshments together and discussed our memories of our own gardens and love of gardening



## Activities

We held a variety of activities May and were able to enjoy some sunny afternoons in the garden. We held arts and crafts, focusing on VE Day and the changing seasons.

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 and we thoroughly enjoyed the little children from the local nursery school. Vanessa held an intimate cheese and wine afternoon, and Nigel has been busy with his afternoon bingo and quizzes.

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 June arrives, we are looking forward to trips to the local park and enjoying our beautiful garden together.



## Birthdays in May

We celebrated Stanley's, Shirley's, Mary'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 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.

### Summer Date for the Diary

Crossways Summer BBQ:

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



Thank you for your continued support.

**Sarah, Alex & Staff**

### June dates for the diary:

Tuesday 2<sup>nd</sup> June 2pm – Dave and his accordion

Wednesday 3<sup>rd</sup> June 2pm – Church Service

Wednesday 3<sup>rd</sup> June 3pm – Crossways Companions

Tuesday 16<sup>th</sup> June 2pm – Denny's Musical Memories

Thursday 25<sup>th</sup> June 2pm – Brain and Body Exercises

### **Crossways Companions**

Don't forget our Crossways Companions get together on – Wednesday 3<sup>rd</sup> June at 3pm Please let Lisa know if you can join her or email: [activities@crosswayssutton.co.uk](mailto:activities@crosswayssutton.co.uk)

If you haven't received the invite by email, please let Lisa know so she can add you to the Crossways Companions group email

### **Relatives Meeting**

You are invited to our Relatives meeting on Wednesday 15<sup>th</sup> July at 2pm

Please let Sarah know if you can join us