

Crossways Newsletter

September 2026

September Highlights

September has been an enjoyable month where the warm weather continued throughout the month, so our garden was appreciated by many residents. We enjoyed a varied schedule of activities with Richard playing his guitar and Denny entertaining us with a lively singalong. Plus, weekly bingo, quizzes, arts and crafts, reminiscence and poetry. Our monthly church service was held and Rudy our Therapy dog has enjoyed meeting some of our new residents as well as visiting his resident friends.

We were delighted to welcome back the students from Brookways school, who join us for a singalong or a quiz they kindly prepare in advance for our residents.

We are also delighted to announce that Lisa has been nominated by NAPA Activities for a Leadership award.



Local Schools, Care Homes, Community

The young people for The Youth Justice continue to join us every Thursday and kindly bring us artwork and cakes they have made. Brookways School made a welcome return and now join us on Tuesday afternoons. They often prepare a quiz or join us for a singalong. These visits have become so beneficial for our residents and pupils who participate, watching their confidence grow and blossom as they learn life skills and form meaningful intergenerational connections.

We had a wonderful visit from – **Voices of Connection**, a community wellbeing initiative supported by London Borough of Sutton Cultural Services. The project aims to enhance emotional wellbeing, relaxation, and gentle social engagement for residents through calming music, breathwork, and simple chair-based movement. The sessions are slow, inclusive, and particularly suitable for elderly residents, including those living with dementia.

This first visit was so successful, we are now arranging for them to join us on a regular basis.



NAPA - Leadership Award

We are delighted to announce that Lisa has been nominated for the Leadership award by NAPA. This is a charity and the leading activity provider in the UK, they provide online resources, support and are highly regarded for the work they do.

For nearly 30 years, NAPA has been a leading voice for wellbeing, meaningful activity and engagement across the care sector. Founded in 1997 to promote activity provision in care homes for older people, their work now spans care, health, housing and community settings.

“Being selected as a National Activity Awards finalist is an outstanding achievement. Your nomination demonstrates the passion, creativity and commitment that make activity provision so important. This is your moment, and we hope you will join us for a very special celebration.”

We are thrilled to be shortlisted for this award; an incredibly proud moment for Lisa and the whole team at Crossways. The final is on Friday 22nd January in Herefordshire.

Good Luck to Crossways !

Activities

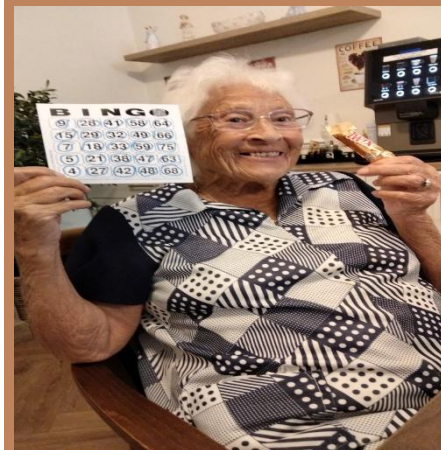
We held a variety of activities during September and were able to enjoy some sunny afternoons in the garden. We have held reminiscence in group and one-one's, these conversations have helped build social connections between our residents. Often sparking friendships where they have similar back grounds and life histories.

Our brain and body exercises continue once a month, we encourage all residents to participate. Rudy our therapy dog and Liz his owner has continued their weekly visits.

Dave and Richard joined us for two fabulous afternoons of live music, and we thoroughly enjoyed seeing the little children from the local nursery school. They always bring such joy to the residents, seeing them dance and sing together and then walk around the room to greet them.

Our weekly bingo, quizzes, movement to music, one-one's, arts and crafts, poetry and sensory have continued throughout September.

As October arrives, we are focusing on the changing of the season to Autumn and Lisa is busy putting the Christmas schedule together. Further details for key dates will be displayed towards the end of October.



Birthdays in September

We celebrated Jackie, Jane and Adrian's Birthdays



October Dates for the diary

Tuesday 6th – 10:30am – Parkinsons UK get together

Tuesday 6th – 2pm – Dave and His Accordion

Thursday 8th – 2pm – Brain and Body Train

Tuesday 20th – 2pm – Denny's Musical Memories

Wednesday 28th – 10:30am- Nursery School Visit

Thank you for your continued support.

Sarah, Alex & Staff

Facebook, Website & Instagram

Please follow us on Facebook and Instagram 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.