Crossways Newsletter

October 2026









October Highlights

October has been an enjoyable month for activities. As autumn arrived, we moved our activities into the dining room and lounges.
We enjoyed watching Dave play his accordion and dance around the room and listening to Denny sing to us all. We also held two church services, and the little ones from the local nursery joined us for songs and stories.
We were lucky enough to venture out into the garden to make our winter baskets. Lisa and our 'Parkies' had a meaningful get-together with representatives from Parkinson's UK, and towards the end of October, we thoroughly enjoyed painting pumpkins.

Arts and crafts, quizzes, bingo, sensory, movement to music and many more meaningful activities have continued throughout the month.

Local Schools, Care Homes, Community

We always look forward to welcoming the little ones from our local nursery. It is lovely to see our residents' smiles as they sing with the children and invite them over to spend time together.
Tuesday afternoons are always fun when the pupils from Brookways School visit. We often play hangman together, or the pupils join us for our live music afternoons.
Both visits are wonderful examples of intergenerational get-togethers, bringing residents and children together to share songs, games and happy moments.

Parkinsons UK

Lisa arranged for our Crossways 'Parkies' to meet representatives from Parkinson's UK. It was an interesting and meaningful get-together, with life stories shared, support offered and touching moments interspersed with smiles.
We enjoyed refreshments together, and the gathering was a valuable opportunity for our 'Parkies' to connect and support one another.
We look forward to holding more of these get-togethers in the new year and seeing everyone again at the Parkinson's UK New Year's Lunch.

Crossways Companions at Christmas



Lisa has arranged our Crossways Companions Christmas get-together for Thursday 3rd December from 2pm in Crossway's dining room. This will be a lovely occasion for families and friends to spend time together, share stories and get to know one another.
Please let Lisa know if you are able to come. We look forward to seeing you there!

Activities



We enjoyed a variety of activities throughout October and were lucky enough to venture into the garden to plant our winter baskets, with help from the students at Brookways School.
Our group and one-to-one reminiscence sessions have helped build social connections between residents. These conversations often spark friendships as residents discover similar backgrounds and shared life experiences.
With our sensory projector repaired, we have enjoyed sensory sessions once again. Residents love seeing the bright colours and exploring the different sensory objects through touch.
Our brain and body exercise sessions continue once a month, and we encourage all residents to take part. Rudy, our therapy dog, and his owner, Liz, have also continued their weekly visits.
Dave and Denny joined us for two fabulous afternoons of live music.
We also thoroughly enjoyed welcoming the little ones from the local nursery school. They always bring such joy to our residents as they dance and sing together before the children make their way around the room to greet everyone.
Painting pumpkins was great fun, and we displayed our creations outside alongside little treats for families passing by to enjoy.
Our weekly programme of bingo, quizzes, movement to music, one-to-one sessions, arts and crafts, poetry and sensory activities continued throughout October.



As November arrives, we look forward to our fireworks display on 5th November from 4pm, followed by a focus on remembrance and reminiscence.
Lisa is busy putting together the Christmas schedule, which is now displayed throughout the home.
We will also be holding our Christmas raffle and would welcome any unwanted items you would like to donate as prizes.
The raffle will be drawn during the residents' Christmas party on 17th December. All proceeds will go towards items for our activities. Thank you for your support!



Birthdays in October

We celebrated Trauti's, Patricks and Davids Birthdays







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.

<u>November Dates for the diary</u>

Tuesday 3rd – 2pm – Richards Musical Memories

Wednesday 4th – 2pm- Church Service

Thursday 5th – 2pm – Brain and Body Training

Thursday 5th- 4:30pm – Crossways Fireworks

Sunday 8th – Remembrance Sunday

Wednesday 11th – Armistice Day

Thursday 12th – 10:30am- Nursery School Visit

Tuesday 17th – 2pm – Denny's Musical Memories

Wednesday 18th 2pm- Relatives Meeting

Thank you for your continued support.

Sarah, Alex & Staff