

A SAMPLE 7-DAY ACTIVITIES SCHEDULE

Enriching life, mind, body and soul — every day at Norwood House

We believe life in our homes should nourish more than the body — it's about stimulating the mind, lifting the spirit, and celebrating who each person is.

Every month brings a fresh mix of personalised, one-to-one and group activities spanning creative arts, music, movement and social occasions. We take the time to get to know each resident's story — what brings them joy, and what doesn't — so activities feel personal, not prescribed. Through outings, community connections and everyday moments of company, we help residents stay engaged, both in their own space and at the heart of home life together.

A SAMPLE WEEK

A flavour of daily life at Norwood House — every week brings music, movement, crafts, and time together, tailored to what our residents love most.

DAY	MORNING	AFTERNOON
Monday	Sensory Fun — Relax in the Sensory Room	Ball Games for Motor Skills & Coordination
Tuesday	Bingo — Eyes Down for a Full House!	Scarecrow Crafts & Baking Club
Wednesday	Pamper Time at the Salon	Teddy Bear Tea Party
Thursday	Outing to Sutton Hoo — an Anglo-Saxon Treasure Hunt	National Skyscraper Day — Jenga & Lego Towers
Friday	Garden Walks — a Stroll in Search of Nature	Colour Therapy & DIY Sensory Board
Saturday	Music Therapy in the Conservatory	Old School Board Games Afternoon
Sunday	Arts & Crafts Morning in the Conservatory	Sunday Movie Club, with Popcorn

Our full activities calendar changes monthly and always includes one-to-one time, hairdressing, and quiet moments in the sensory room, alongside the events above.

PART OF THE HOLMWOOD HOLDINGS GROUP