

# Activities



Here at Corton House our dedicated Activities & Wellbeing Coordinators offer a good mix of activities and entertainment – something for everyone to enjoy.

Residents are welcome to join in with as much or as little as they'd like, and we will always respect the need for down time and privacy.

## ACCESSIBILITY

If a resident is unable to leave their room or bed they will not be left out – whether it's simply ensuring they are tuned into a favourite radio station, having a cuddle with our visiting therapy dog or receiving a relaxing hand massage: residents' wellbeing is our priority.

## GETTING INVOLVED

Our Activities Representatives are a group of residents who meet regularly to ensure the activities at Corton House reflect residents' interests. Reps are included in the decision-making process when booking entertainment and reviewing the entertainers that come in.

We are always happy for residents to share any of their interesting hobbies or skills with others, and we welcome the involvement of friends and family as volunteers.

## STILL LEARNING

We are firm believers that you are never too old to try something new! If a resident would like to learn something or try their hand at a new skill, we will always do our best to facilitate this.

## COMMUNITY CONNECTIONS

Our home is part of a vibrant local community and our relationships with local schools, charities, churches and faith groups help to keep residents connected with the wider world. We are the only local care home to offer free membership of our nearest branch of the u3a Norwich (formerly University of the Third Age) meaning Corton House residents can attend their series of talks and groups for free.







## ACTIVITIES MENU

- Flower Arranging
- Quizzes
- Knitting Group
- Lectures & Discussions
- Reminiscence Sessions
- Men's Social Club
- Gardening
- Arts & Crafts
- Seated Exercise - Zumba and Yoga
- Board Games & Jigsaws
- Bingo
- Silent Disco
- Movie Afternoons
- Poetry Group
- Choir
- Entertainers

## SOMETHING DIFFERENT

We also like to collaborate with groups, schools and charities to bring residents something different. Previous and current partners include:

- **Friend In Deed**  
Intergenerational activities, events and Little Visitors parent and baby group.
- **Curious Directive**  
Fermenting and natural ink making workshops.
- **Eyebrow Arts**  
Art and poetry appreciation and collaborative creative response.
- **The Shoebox Experiences**  
Visits to places of historic interest.
- **Norfolk Adult Learning**  
Baking course.
- **NFC Under 23's**  
Football reminiscence session.
- **The Wallace Collection**  
Digital art lectures.
- **Pets as Therapy, Cuddly Cavies, Mini Monsters and Mini Donks**  
Therapeutic animal visits.

“The staff at Corton House is so kind and caring! I have seen them working first-hand with my dad and they are just so wonderful, encouraging and gentle...”