

Activities



Here at Corton House our dedicated Activities 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, adapting an arts and crafts activity to be done in their room, or giving 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.

ANIMAL VISITORS

Staff sometimes bring in their pets so that residents can spend time with them, and the Activities Team organise occasional animal visitors - previously we have enjoyed the company of llamas, donkeys, rabbits, dogs and even raised our own ducklings!





ACTIVITIES MENU

- Board Games & Jigsaws
- Bingo
- Flower Arranging
- Quizzes
- Knitting Group
- Lectures & Discussions
- Reminiscence Sessions
- Hand Massage
- Gardening
- Arts & Crafts
- Seated Exercise
- Yoga
- Movie Afternoons
- Poetry Group
- Music Sessions
- 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**
"Little Visitors" parent and baby group
- **Curious Directive**
Fermenting and natural ink making
- **Eyebrow Arts**
Natural world live video, poetry and sculpture
- **NCFC Under 23's**
Football reminiscence session
- **The Wallace Collection**
Digital art lectures and loaned artwork reproductions
- **Various Schools**
'Day In The Life' project, choir sessions, student volunteers
- **Norwich Food Bank**
Informative talk
- **Musical Keys**
Music therapy

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My dad is a totally different man since coming to Corton House. He was lonely, now he is really happy and content.

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