

Adult Opportunities

Norwood's Adult Opportunities service is open to all adults with a learning disability who use our London and Berkshire services. We work with our service users to enable them to make choices about their daily lives and support them to access advice, information and opportunities.

Our Adult Opportunities in [London](#) and [Berkshire](#) (Ravenswood), and Friends services ([Links](#)), support adults to make friends, pursue their interests and new experiences and live life to the full. We focus on building a core timetable with each person based on their [Person Centred Plan](#).

This could include acquiring new skills through [Jobs & Training](#) or developing other personal interests such as photography and art, as well as enjoying a wide variety of community, sport, leisure and social activities. Some of these services are provided by Norwood whilst others are accessed through similar organisations in the local community.

Our Sports Team works with adults to design a Health Action Plan as part of our Healthy and Active Lifestyle programme. The aim is to motivate adults to stay active and healthy by taking part in activities they enjoy either individually or as part of a group. These can include exercise classes, walking, gardening, IT skills, horse riding, swimming, athletics, cycling, arts, crafts, dancing and music sessions.



Useful Links:

- [Adult Opportunities - London](#)
- [Adult Opportunities - Berkshire](#)

For more information please contact Norwood Direct on:

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