

Adult Opportunities - London

When we are not able to meet an individual's needs directly, we work with other community organisations to provide them with the activity they enjoy. Many of these services are fully inclusive and give our residents the opportunity to participate in the community. We work hard to listen to our residents and plan activities with them, supporting them to make their own choices.

Norwood's Friends service, known as [Links](#), is designed to provide opportunities for adults with learning disabilities to have a rewarding and interesting social life within the local community. [Links](#) is run by a committee of adults with learning disabilities who are supported to arrange weekly clubs and outings in the community as well as a summer programme of activities and holidays.

Day opportunities are diverse and varied, hosted both in our [Kennedy Leigh Children & Family Centre](#), our [Leonard Sainer Children & Family Centre](#) and out in local communities. They include trips to the seaside, safari parks, theatre, London tourist attractions as well as bowling, cinema, restaurants and pubs. We also offer singalong music sessions, gardening, art, drama, dance and movement sessions, run by qualified therapists.

There is a range of sports and exercise classes for all abilities and levels including cycling, walking, trampolining, athletics, angling and sailing organised by our sports coordinator. In addition there are photography and creative courses at the Arts Depot in Finchley.

We access services run by community organisations like [Community Focus](#) and Creative Connection, for individuals with moderate to severe learning disability.

For more information about day opportunities in London, please contact Norwood Direct on:

020 8809 8809

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