



Cromwell House care home

*Live later
life well*

Residential and short-stay care in Norwich

A home with the *Community spirit*

Nestled in a quiet residential area of Norwich, just a short stroll from the city centre, Cromwell House is a home filled with life, laughter, and care.

Built in 1969 and thoughtfully expanded over the years, the home combines modern comforts with a rich local history.

Outside, landscaped gardens are alive with wildlife, from playful squirrels to curious muntjac deer. Inside, bright communal spaces buzz with activity, and the welcoming atmosphere makes everyone feel instantly at home.

From intergenerational activities with local children to moments of calm in the chapel, Cromwell House offers a balance of vibrancy and calmness. It's a place where every resident is treated like family, and every day feels like a fresh opportunity to make new memories.



From the moment you step through our doors, you'll feel the warmth, the joy, and the sense of belonging that make Cromwell House so special.

Jennifer Howes, Home Manager



Gardens for *all seasons*

At Cromwell House, the gardens aren't just a backdrop - they're at the heart of life here. Enclosed and beautifully maintained, the outdoor spaces invite residents to relax, explore, and connect with nature.

Wildlife, including foxes and squirrels, adds a magical touch, while colourful flowerbeds and shaded seating areas provide perfect spots for morning coffee or an afternoon chat.

The summer house is a favourite gathering place, hosting everything from garden parties to quiet tea breaks with family. Seasonal events, like the annual summer fete, bring the community together, filling the garden with laughter, music, and the aroma of a sizzling BBQ.

Residents enjoy helping with gardening, whether it's planting flowers or simply watching their efforts bloom. For those who prefer the indoors, the conservatory offers beautiful garden views, making it a peaceful retreat even on cooler days.

At Cromwell House, the garden is a place to find joy, create memories, and feel connected to the world around you.

Meals that celebrate *every story*

You can taste the care at Cromwell House. And that's never more apparent than in our mealtimes which are more than just moments to eat - they're moments to savour, connect, and enjoy.

Led by Adriana, who's been delighting residents with her culinary creations for over 3 years, the kitchen serves dishes that are as comforting as they are delicious. From homemade cottage pie to Adriana's signature cakes and cookies, every meal is crafted with love. Residents have a voice in shaping the menus, ensuring their favourite dishes are always on the table. Events like World Food Day bring a global twist to dining, featuring flavours from Africa, Asia, and Europe.

Special touches, like strawberries and cream during Wimbledon or a festive feast at Christmas, make mealtimes feel like a celebration.

Whether it's a hearty roast dinner or a quick snack with friends, dining at Cromwell House is all about creating moments to savour.



Adriana's food is so good, it feels like home with every bite.

Family testimonial from [carehome.co.uk](https://www.carehome.co.uk)



What you can expect at Cromwell House:

- Meals are freshly prepared by our in-house chef.
- Menus are designed around seasonal produce.
- Ingredients are sourced locally wherever possible.
- Drinks and snacks are on-hand 24 hours a day.

Take a look at our sample menu:

Lunch

Traditional roast pork
with apple sauce.

or

Goats' cheese, spinach
and tomato quiche.

*All served with seasonal potatoes
and roasted root vegetables.*

Watermelon sorbet.

Evening meal

Soup of the day, with a
selection of sandwiches.

or

Cheese and potato pie.

Lemon drizzle cake.







Support that speaks *for itself*

Our care is personal. It's about understanding each resident's unique story and providing the support they need to feel comfortable, confident and cared for.

The home features cosy en-suite bedrooms, welcoming communal lounges, and even a chapel for moments of quiet reflection. Everyone enjoys a bit of pampering in the hair salon and socialising over tea in the conservatory.

Regular residents' meetings ensure every voice is heard, while the quality circle, a group of residents and staff, collaborates on ideas to improve daily life - from buying garden furniture to planning trips.



We're here to make sure every resident feels supported and empowered - it's what makes Cromwell House feel like home.

Jennifer Howes, Home Manager

Our commitments to you:

- You'll remain in control of your care and support. Always.
- You'll be supported by a caring, compassionate team.
- You'll benefit from proven and pioneering therapies.
- You'll be valued and respected in a like-minded community.
- You'll be free to make this home your own – inside and out.

Facilities

- Single furnished ensuite bedrooms.
- Wheelchair accessible with lifts to upper floors.
- Comfortable lounges and communal areas.
- Hairdressing salon for care and pampering.
- 24/7 call system in every room.
- Landscaped gardens with patio areas.
- Dedicated chaplain for spiritual support or private reflections.
- Intergenerational activities with local schools and group.







Living later life well

When you think of a care home, what springs to mind?

At Cromwell House, there's always something to look forward to. The activity calendar is packed with events that bring residents together, from competitive carpet bowling matches to lively sing-alongs. Visiting entertainers and performers bring extra energy to the home, while day trips to places like Yarmouth Sea Life Centre or Norfolk Broads boat rides offer excitement and exploration.

Seasonal celebrations, like the Christmas team-member pantomime or the summer fete, are highlights, bringing the community together in a spirit of fun and festivity. Residents also love the weekly visits from therapy dogs and the intergenerational activities with local schoolchildren.

At Cromwell House, life is about celebrating every moment, creating meaningful connections, and ensuring every resident feels part of something truly special.



There's a warmth here that makes every day feel special.

Family testimonial from [carehome.co.uk](https://www.carehome.co.uk)



Here *for you...*

Whether you're searching for yourself or a loved one, for short-stays and residential care, our team at Cromwell House will be here to help.

We understand that searching for a care home can be a confusing time for any family. So, we hope it's reassuring to know that our doors are always open. Our advice is always generous. Our residents are always eager to welcome a new character into the fold. And our charitable ethos will always guide everything we do.

We'll be ready to support. Whenever you need us:



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cromwellhouse@mha.org.uk

Proud to be part of MHA

For more than 80 years, families have been choosing MHA to support the needs and aspirations of their loved ones in later life.

People have been forging friendships through our community programmes. Fundraising to drive our charitable goals. And spreading the warmth, comfort and spirituality that you'll find across every MHA care home, community and development.

It's always for one reason, which will *a/ways* stay the same: helping older people to live later life well.



mha.org.uk/cromwellhouse



Get in touch

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