



## Norwood care home

*Live later  
life well*

Residential, residential dementia and short-stay care in Ipswich

# A home with a *legacy of care*

**It's easy to describe the feeling you get when you step into Norwood because it's one, we hear so often. Visitors tell us it feels like home from the moment they arrive. They sense the warmth, feel the community, and see the friendships that flourish between residents and staff.**

Norwood officially welcomed its first residents in 1979 and continued to grow in capacity over the years that followed. It now provides care and support to 45 older people, enabling them to live later life well.

Housed in the historic old bishop's palace with the main building dating back to 1895, Norwood is surrounded by history and charm.

Every room offers picturesque views, whether of Christchurch Park or the beautifully landscaped gardens. The kitchen is the heart of the home, while activities like music therapy, interactive 'magic tables,' and group events enrich daily life.



Norwood is special because of its people - staff, residents, and families all contribute to making it a true home.

**Sarah Claybrough, Home Manager**



# Delights

## *on your doorstep*

**There can't be many care homes with a heritage park in their back garden. But that is exactly what you will find at MHA's Norwood care home.**

Christchurch Park, situated just behind the home, provides a stunning backdrop to the gardens and serves as a seamless extension for walks and picnics, offering residents the chance to explore and appreciate nature.

Within our boundary the gardens are more than outdoor spaces - they're an extension of the home's warm and vibrant atmosphere. Safely contained and beautifully landscaped, the gardens feature colourful flowerbeds, peaceful patios, and wind chimes that add to the tranquillity of the space.

Residents enjoy outdoor activities such as a bit of light gardening or relaxing in the fresh air. Seasonal events also happen here with the annual summer fair and our front row seat to the fireworks display at Christchurch Park bring the community together, fostering connection and celebration.

With fundraising events, bake sales, and outdoor games, the gardens remain a lively and engaging space for all.

# Meals that celebrate *every story*

**At Norwood, food is about more than sustenance - it's about connection, comfort, and joy.**

Led by Chef Marc, who has been with the home for over 10 years, the kitchen team creates meals that reflect both tradition and diversity. From hearty Sunday roasts to handmade biscuits and cakes, every dish is prepared with care and love.

Menus are shaped by residents, ensuring meals suit their tastes and cultural preferences. Seasonal celebrations like Chinese New Year feature themed menus, with handmade noodles and traditional accompaniments bringing residents together to enjoy new flavours.

Locally sourced ingredients ensure meals are fresh, nutritious, and satisfying.

Dining at Norwood is about much more than eating; it's about creating moments to connect, share stories, and celebrate the everyday.



## *What you can expect at Norwood:*

- 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 approach to person centred care is about more than meeting physical needs - it's about creating connections and a strong sense of belonging.

The home provides residential and residential dementia care for 45 residents in an open and welcoming environment, ensuring everyone feel valued and supported every day.

Single ensuite bedrooms offer privacy, while communal lounges and tea bars provide spaces for residents to socialise and enjoy snacks at their leisure. For those living with dementia, the sensory garden, music therapy sessions, and robotic pets bring enrichment and engagement to daily life.

Norwood's dedicated team is at the heart of its care. Many staff members have been with the home for over 20 years, fostering trust and continuity. Regular resident and family meetings ensure everyone's voice is heard, creating a collaborative approach to care.



It is difficult to trust 'strangers' with the care of a much-loved family member but I am extremely happy with the choice to use Norwood.

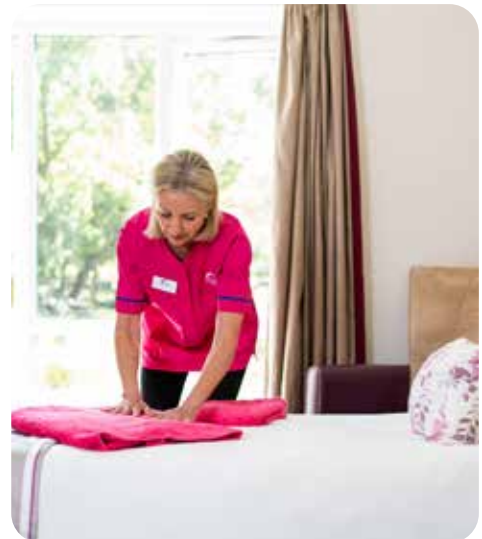
**Family testimonial from [carehome.co.uk](https://carehome.co.uk)**

## *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.
- Sensory garden.
- Dedicated chaplain for spiritual support or private reflections.









# Living later life well

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

We like to make life at the home as vibrant and varied as our residents.

The activities calendar is packed with events that bring fun to the day and help to get everyone involved, from group sing-alongs and choir practice to the barking mad (excuse the pun) Norwood 'Crufts-style' dog show.

Residents enjoy daily activities like crafts, bingo, and armchair exercises, alongside special themed events like the fireworks display or bake sales.

Music therapy, both one-to-one and group sessions, is a highlight for our dementia household, stimulating memories, conversations and creativity.

Local schools and nurseries frequently visit, filling the home with laughter during intergenerational activities that delight everyone involved and build some unusual new friendships for all.

Alongside regular trips to local pubs, parks, and community landmarks we love to grow local connections beyond the walls of the home.

At Norwood, life is about celebrating every moment, and making sure that every resident feels supported and inspired.





# Here *for you...*

Whether you're searching for yourself or a loved one, for short-stay, residential and residential dementia care, our team at Norwood 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:



01473 257502



[norwood@mha.org.uk](mailto:norwood@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/norwood](https://mha.org.uk/norwood)



# Get in touch

## Norwood care home

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