



HOME



SCHOOL



UNITY

Hester's journey through short breaks

Norwood offers a short breaks service, known as Unity, with Sunday Clubs and holiday play schemes for children and young people. Parents like Hester's are able to have a much-needed break, knowing that their child is being well cared for, developing meaningful friendships and having fun.

When neurodivergent people are excluded from communal life, their families often withdraw too, as Hester's mum Lucy told us. This often leads to social isolation and loneliness.

By offering families a regular short break, it empowers and

strengthens the whole family unit, enabling them to thrive. Norwood provides activities for children and young people tailored to their interests, wellbeing and development. These opportunities foster their participation in the community and expand social opportunities, preparing them to live their best lives.

We know that children with neurodevelopmental disabilities like Hester often struggle with changes in environment, because of unfamiliar routines and increased sensory demands. Their families are frustrated by a lack of planning at school and

community environments, and staff unable to meet individual needs. That's why our specialist team coordinates with partner agencies including the child or young person's school to provide consistent support.

To find out more about Norwood's community-based short break services, visit norwood.org.uk/shortbreaks

Helping families thrive



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You can help

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Norwood, Broadway House,
80-82 The Broadway, Stanmore HA7 4HB

norwood.org.uk | info@norwood.org.uk | 020 8809 8809



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