



Joining in our programmes

We offer around 300 different community based social, leisure and learning opportunities each year. We welcome anyone, with any disability, who is over 18 years of age in Norfolk.

Our programmes include



The Wednesday Club

Run by mostly volunteers, in Norwich, this provides around 40 people each Wednesday evening between 7pm and 9pm with a chance to meet with friends and take part in a range of different activities, of their choosing.

They include: **Quizzes, Bingo sessions, Arts and Craft activities, Indoor sports, Visiting speakers, plus much, much more!**

There is no need to book to attend the Wednesday Club, however you must be a registered BUILD Charity Gold or Basic Member. It is open to anyone with any disability aged 18 and above and an entry fee is payable on arrival each week. Gold Members get a 50% discount on the entry fee.

Getaways and the Build Travel Service

Our **GetAways** programme hosts a number of days out, short breaks and holidays.

Generally these trips involve small groups of people with disabilities and are supported by staff and/or volunteers.

The BUILD Travel Service provides one to one support for individuals who want to make their own arrangements for a day out, or holiday. Helping them to make informed choices about where they want to go and help them with research, budgeting and booking to act on those choices.

Community Opportunities Programme

Whether it's our Sunday Lunch Club, Ten Pin Tuesdays, Grow and Go Gardening project, Weekday Supper Clubs, Weekend Walkabouts or Fitness for Fun programmes, there really is something for everyone within this programme. Add to this sessions in cinemas, theatres, music venues, visiting historic or cultural attractions, or even just a day out on the beach, we organise programmes on a three monthly basis so that our members have all they need to know to make an informed choice about how to spend their time, and their money.

It's social, leisure and learning, where you choose what you want to do.

Each opportunity is arranged by us, and needs to be pre-booked, with joining instructions sent out in advance, and then supported by at least two members of our staff or volunteers drawn from trained and vetted members of our support teams.

Skills for Life

Our Skills for Life programme offers people with disabilities a range of monthly, Saturday morning, community based inter-active workshops on a range of themes to aid independent living.

Workshop themes are responsive to the needs identified, and shared with us, by our beneficiaries and their support teams to ensure that they are relevant to helping people be as independent as they can, and want to be.



Our programmes

Become a member

Everyone who uses any of the BUILD Charity's services for people with disabilities (excluding the Fuse Parties) will need to be registered as a Member and pay a monthly, or annual fee.

There are two levels of Membership called **Basic** and **Gold**.

Membership Type	Monthly	Annually	Benefits
Basic Best for occasional users doing less than 4 activities per month	Not available	£25	<ul style="list-style-type: none">First activity free of Administration charges• £25 Fee payable one month after registration• £5 booking fee for each activity booking• Full price entry to the Wednesday Club activity• Full price entry to Fuse Parties• Programme posted to home address 4 times a year giving you booking priority• Monthly E-bulletins and E-news
Gold best for people doing more than of 4-5 activities per month	£24	£300	<ul style="list-style-type: none">No Administration Fees (so save £5 per activity)• Half price entry to the Wednesday Club activity (save 50%)• Early bird programme posted to home address and priority booking (5 days earlier) 4 times a year• Monthly E-bulletins and E-news• Membership Card and number• Half Price entry to Fuse Parties (save £3.50 per month)

Membership Fees are set annually by the Board of Trustees to operate between 1st April and 31st March. Gold Members can pay monthly from the month that they join, Basic Members pay the annual fee whenever they join during the year.



For more information on how to become a member with us contact:

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Registered Charity 1147395