Informed choice, community based and fun

Horizons Programme
Aimed specifically at young adults aged between their 16th and 19th birthdays, Horizons is a weekly activity that mixes learning and leisure activities on two weeks of the month, with a World Food Challenge to visit countries and cultures of the world through restaurant visits and a supported night-clubbing party experience on the other two weeks. The Horizons programme also mentors student volunteers to gain experience and skills supporting this group.

Skills For Life Programme
Monthly bite-sized skills sessions, hosted around Norfolk, providing advice and information on issues such as independent money management, healthy eating and living, job-search skills, staying safe, protecting your possessions, basic first aid skills, skills for volunteering and cookery.

For more information visit
www.buildcharity.co.uk
BUILD provides a wide range of daytime, evening and weekend activities.

Community Activities Programme
A range of opportunities that include encouraging participation in sport, gardening and allotment projects, ten-pin bowling, country walking, farm visits, a Sunday Lunch Club and regular cinema and theatre trips. In addition we host weekday and weekend activities that visit galleries and museums, tourist attractions, as well as a monthly night-clubbing experience at Chicago’s Bar in Norwich.

The Wednesday Club
Opened in 1967, this weekly club is based at the Vauxhall Centre in Norwich and operates between 7pm and 9pm for 50 weeks of the year. Regular discos, cookery courses, access to information and communication technology, a women’s discussion group, visiting speakers, bingo and karaoke, indoor sports, pool and snooker tables and an on-site café provide a varied programme for everyone.
The BUILD Charity has a wide range of opportunities for volunteers from 16 years of age upwards in supporting front-line activities, or supporting back-office functions like marketing, fundraising or public relations. All our volunteers go through a vetting process, and receive free induction, safeguarding and disability awareness training and regular support reviews. All volunteers are entitled to claim reasonable travelling and activity expenses to help them support our work. Contact us if you would like to discuss current opportunities.

Opportunities for people with disabilities

Firstly, please remember that we do not provide any form of personal care, or help with feeding or medication. Anyone who needs these support services is welcome to join in our activities, and many do, but they bring this support, and care, with them.

Opportunities for Volunteers

The BUILD Charity has a wide range of opportunities for volunteers from 16 years of age upwards in supporting front-line activities, or supporting back-office functions like marketing, fundraising or public relations. All our volunteers go through a vetting process, and receive free induction, safeguarding and disability awareness training and regular support reviews. All volunteers are entitled to claim reasonable travelling and activity expenses to help them support our work. Contact us if you would like to discuss current opportunities.

Opportunities to invest in BUILD

We are always looking to work in partnership with individuals and other organisations, to invest in the long term future of the charity. This might include setting up a Company Volunteering Scheme, choosing BUILD as a company’s “Charity of the Year”, commissioning BUILD’s expert trainers to improve a company’s customer care standards, or just sharing each other’s extensive networks for mutual benefit. Contact our Chief Executive for more details and an exploratory chat over coffee.

Where can I find out what is on offer?

We produce a programme covering four months at a time in both a printed and website based format, which is like a calendar. Visit our website, or call our office, to see the latest version.

How much does it cost?

Most activities will have a charge, and this is often linked to the actual public price of a ticket, or travel cost, which anyone would have to pay. BUILD operates an annual membership scheme which means that registered members will get priority booking for activities, discounted entry (where BUILD controls the charges) and a range of other benefits. Full details of our prices will appear in the programme.

Does BUILD provide transport?

Not normally – we encourage people to use public transport using their concessionary travel-cards wherever possible and can, on occasions, support people to travel if they need extra help.

Who will be supporting activities?

BUILD has a small, dedicated staff team who organise and manage the activities and opportunities, and a team of over 100 volunteers who provide support and leadership to many of the activities we run. All staff and volunteers are carefully selected to make sure they have the skills, and undergo training and referencing to make sure they are the best people we can find.

How do I book a place on activities?

Once you have been through the programme, and decided which activities you want to take part in, follow the instructions to find the closing dates for bookings and the fees being charged. Then complete the Booking Forms available from our website, or by calling the office, send in the money to book your place and we will send you confirmation and joining details in plenty of time to make your travel plans.

FOR MORE INFORMATION VISIT
www.buildcharity.co.uk

BUILD CHARITY

Building opportunities for people with lifelong disabilities

Find us on...
BUILD is an independent, Norfolk based registered charity, providing social, leisure and learning opportunities for people with disabilities.

Established in 1967, in Norwich, but now working countywide, we provide around 400 opportunities each year to people, young, and old, helping them access the kind of social and leisure activities, which most of us would normally take for granted.

Activities are open to anyone with a disability over the age of 16 and range from a weekly social club in Norwich to a range of sports and cultural activities that make the most of the Norfolk countryside and rich cultural heritage whilst encouraging the people we work with to be a constructive part of the communities where they live.

We also provide learning and skills services, helping people with things like job-search, cookery, money management, travel arranging and personal safety, as well as actively encouraging volunteering, and providing work experience opportunities.

FOR MORE INFORMATION VISIT www.buildcharity.co.uk 01603 618029

We aim to treat people, like people, value their involvement and contribution, and offer them the opportunities in life that most of us normally take for granted.