

Activity Programme

April-June 2017

Community
based
opportunities

for people with
disabilities in

Norfolk



Social, leisure and learning opportunities
for people with disabilities

50 | CELEBRATING
FIFTY YEARS



BUILD Charity Limited is registered in England and Wales
Company number 8069610 and registered with the Charity Commission
Charity number 1147395.

Registered office: Church House, Church Alley, Redwell Street, Norwich, NR2 4SN
Telephone: 01603 618029 Email: info@buildcharity.co.uk Website: www.buildcharity.co.uk



Social, leisure and learning opportunities
for people with disabilities

Phone us on 01603 618029

(Office normally open Monday – Friday
between 10am and 1pm)



Find us on the Internet:

www.buildcharity.co.uk



Find us on Facebook and Twitter:



www.facebook.com/pages/Build-Norfolk

@BUILDCharity

Welcome to the BUILD Charity's Activity Programme

The BUILD Charity was established in 1967 and is a Norfolk-based independent registered charity providing social, leisure and learning opportunities for people with sensory, physical or learning disabilities.

BUILD offers a wide range of activities across Norfolk for people over the age of 16 years, including a weekly social club at the Vauxhall Centre in Norwich (known as the Wednesday Club), a community based activity programme (which includes sport, outdoor activities, country walks, day-trips, visits, meals out and gardening projects), and a Skills for Life programme supporting independent living skills.



How to Use this Programme

1. Look at the calendar to find out what activities are on offer each week.
2. Go to the Information sections to find out more details about the activity, what time it is happening, what you will need to take part, how much it will cost and how to book your place.
3. Most activities need to be booked in advance. To do this, you will need to fill in a **BUILD Activity Booking Sheet (BABS)** which is available from our website, by calling the BUILD Office on 01603 618029 or emailing admin@buildcharity.co.uk. If there is a fee to pay in advance, your place will not be booked until we receive your booking form and your money. When we have received your booking we will send you a receipt (if requested) for any money paid to confirm your place. About a week before the activity, you will receive an Activity Information Sheet (AIS) with everything you need to know about the activity.
4. Remember that as a registered BUILD member you will **save £5** off the Activity Support Fee shown on some of our activities, and will get **£5 off** the entry price to the Wednesday Club and Horizons activities.



No refunds are available if you cancel less than 24 hours before the start of an event, or do not attend. If you give more than 24 hours' notice, we will issue a credit note for the Activity Support Fee, but you may lose money on any costs we have already incurred.

Opportunities with the BUILD Charity

The BUILD Charity believes that people with sensory, physical or learning disabilities should have the same opportunities in life that everyone else does, so our programme of social, leisure and learning opportunities is arranged as a mixture of mainly, weekday evening and weekend opportunities in various community locations across Norfolk.



We do not provide care; we provide basic levels of support to enable people to make the most of a community-based opportunity. Anyone who has the need for help with going to the toilet, feeding or medication, or any other type of personal care or individual support, is welcome to access any of our opportunities but must bring the care required with them. Most activities encourage the use of public transport in getting to locations and meeting points.

All of our opportunities are open to people over the age of 16, who are identified as having a sensory, physical or learning disability. We do not require a formal referral or medical information. For some activities we may ask people joining in to complete a health questionnaire to make sure that it is safe for them to take part.



Our programme of activities is split into three core areas:

- The Wednesday Club
- The Community Activities Programme
- The Skills for Life Programme



To Book your Place:

Fill out the BUILD Activity Booking Sheet on our website, fill it in at the Wednesday Club,

email us at admin@buildcharity.co.uk or  Call us on 01603 618029

BUILD Fees and Charges

To get the best value out of BUILD activities, you should consider joining our monthly membership scheme. For just £18.00 a month, paid by Standing Order, members get:

- An annual personal BUILD Charity membership card
- BUILD News Updates and Programmes for all our services mailed to your home, or chosen address, 4 times a year (in March, June, September and December)
- Priority Booking for BUILD activities where space is limited
- Save £5 per week on entry to the BUILD Wednesday Club in central Norwich
- Save £5 on each of the Skills for Life workshops
- Save £5 on the Activity Support Fee on some BUILD activities
- Invitation and discounted entry to the BUILD Birthday and Christmas Parties



If you pay the monthly BUILD Membership Fee of £18.00 and take part in more than 4 BUILD activities per month, you will find monthly membership will save you money. Here's how...


*If you visit the Wednesday Club each week and take part in one other activity each week you will pay £96 each month, but only £74.00 as a BUILD member (including your membership fee) **saving you £22.00 each month**. Even if you do not go to Wednesday Club, you will still make a saving if you take part in one community activity each week.*


How to pay for activities:


- By cash or cheque (at the BUILD Offices in Norwich or at the Wednesday Club)
- On-line by direct credit to the BUILD Charity Bank Account
- Via a monthly invoice arrangement


Contact Andy Rose on 01603 618029 to discuss membership and payment options.

April	Week beginning 27th March	Week beginning 3rd April	Week beginning 10th April	Week beginning 17th April	Week beginning 24th April
Monday	27 th	3 rd Bounce with BUILD at Gravity, Riverside	10 th Bounce with BUILD at Gravity, Riverside	17 th Bounce with BUILD at Gravity, Riverside	24 th Bounce with BUILD at Gravity, Riverside
Tuesday	28 th Ten Pin Tuesday: Dereham	4 th Ten Pin Tuesday: Norwich	11 th	18 th Ten Pin Tuesday: Norwich	25 th Ten Pin Tuesday: Dereham
Wednesday	29 th Wednesday Club 	5 th Wednesday Club 	12 th Wednesday Club 	19 th Wednesday Club 	26 th Wednesday Club 
Thursday	30 th	6 th	13 th	20 th World Food Journey	27 th Fuse Party: Norwich
Friday	31 st	7 th	14 th	21 st	28 th
Saturday	1 st Saturday Swimming: Riverside, Norwich	8 th Skills for Life	15 th	22 nd	29 th
Sunday	2 nd Sunday Lunch Club	9 th Gardening Club	16 th	23 rd Weekend Walkabout	30 th Sunday Cinema

Date	Activity	Details	What to bring	Cost	Booking Deadline
Saturday 1st April	Saturday Swimming 11.30am to 1pm Riverside Swimming Pool, Wherry Rd, Norwich, NR1 1WX	Public swimming session in Norwich's Riverside pool, supported by the centre's lifeguards. Please be aware that BUILD staff and volunteers are not able to assist with dressing or personal care.	Towel, 20p piece for locker, swimming costume, £4.95 entry fee.	Swimming entry fee, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 22 nd March Maximum number – 8 places
Sunday 2nd April	Sunday Lunch Club 12.00 noon-2.00pm Pizza Express, The Forum, Millennium Plain, Norwich	Join a small group for Sunday lunch at this popular Pizza restaurant overlooking the city.	Money to pay for your food and drinks.	Food and drink cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 23 rd March Maximum number – 8 places
Monday 3rd April	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Tuesday 4th April	Ten Pin Tuesday in Norwich Meal & Bowling 5.30pm to 8pm Meet at (see opposite)	Option 1 – Meet at the Queen of the Iceni Wetherspoon's at 5.30pm for pre-bowling dinner. Option 2 – Meet at Hollywood Bowl at 6.20pm for 2 games of bowling.	Money for bowling (£5.80) and for food and drink.	Food, drink and bowling cost plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 25 th March Maximum number – 16 places
Wednesday 5th April 	Wednesday Club 7pm to 9pm Vauxhall Centre, Johnson Place, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Table Tennis and Indoor Sports Challenge	Entry fee plus money to spend in the tuck shop.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!

Date	Activity	Details	What to bring	Cost	Booking Deadline
Saturday 8th April	Skills for Life: Using Public Transport 10am to 12noon Meeting at Norwich Railway Station and finishing at Norwich Bus Station	This workshop is about finding out how train and bus timetables work, where and how to find out information to get you where you want to go. BUS BUDDIES		Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 30 th March Maximum number – 8 places
Sunday 9th April	Gardening Club 11am – 12.30pm BUILD Offices, Church House, Church Alley, Norwich, NR2 4SN	This month we will be back at the Cottage Garden next to the BUILD Offices tidying and maximising Spring cleaning.	Work gloves	BUILD Members – £5 (Activity Support Fee) Non-members – £10 (Activity Support Fee)	Pay activity support fees by 30 th March Maximum number – 8 places
Monday 10th April	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Wednesday 12th April 	Wednesday Club 7pm to 9pm Vauxhall Centre, Johnson Place, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and Women's Group planning your holiday activity	Entry fee plus money to spend in the tuck shop.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Thursday 13th April	FUSE Party (Kings Lynn)	Currently suspended pending the search for a suitable alternative venue			



Date	Activity	Details	What to bring	Cost	Booking Deadline
Monday 17th April	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Tuesday 18th April	Ten Pin Tuesday in Norwich Meal & Bowling 5.30pm to 8pm Meet at (see opposite)	Option 1 – Meet at the Queen of the Iceni Wetherspoon's at 5.30pm for pre-bowling dinner. Option 2 – Meet at Hollywood Bowl at 6.20pm for 2 games of bowling.	Money for bowling (£5.80) and for food and drink.	Food, drink and bowling cost plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 8 th April. Maximum number – 16 places
Wednesday 19th April	Wednesday Club 7pm to 9pm Vauxhall Centre, Johnson Place, Norwich, NR2 2SA 	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and cookery.	Entry fee plus money to spend in the café for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Thursday 20th April	World Food Journey: Thailand 7pm to 9.30pm Thai on the River, opposite Norwich Railway Station.	Sample the finest Thai food and drink on board this floating restaurant. Checkout the menu here http://thaiontheriver.com/	Money for meal and drinks.	Food and drinks cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 10 th April Maximum number – 8 places
Sunday 23rd April	Weekend Walkabout: Mulbarton Common Meet at St Stephen Street Bus Stand K, at 12.30pm for 12.37 bus to Mulbarton. Return to Norwich at 3.15pm	Travelling by bus from Norwich for a walkabout on the lovely open area of Mulbarton Common and surrounding footpaths with refreshments at the Worlds End Pub before catching a bus back to Norwich. BUS BUDDIES	Warm and waterproof clothing plus money, or bus pass for travel.	Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay full cost by 13 th April Maximum number – 8 places


Date	Activity	Details	What to bring	Cost	Booking Deadline
Monday 24th April	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Tuesday 25th April	Ten Pin Tuesday in Dereham - Meal & Bowling 5.30pm to 8pm (see options opposite) Meet at Strikes Bowling Alley, Station Rd, Dereham, NR19 1DF	Option 1 – Meet at the Bowling Alley for a pre-bowling meal at 5.30pm Option 2 – Meet at the Bowling Alley at 6.20pm to play 2 games of ten pin bowling.	Money for bowling (£5.90) and for food and drink.	Food, drink and bowling cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 15 th April Maximum number – 8 places
Wednesday 26th April 	Wednesday Club 7pm to 9pm Vauxhall Centre, Johnson Place, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and possibly Knitting Group.	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Thursday 27th April	FUSE Party (Norwich) 6.30pm til 9.00pm Mercy XS Prince of Wales Road, Norwich	Entry for those <u>aged 18 and over</u> . A nightclub party night with music, bar and dancing, specifically aimed at people with disabilities, their friends, families and supporters. Proof of age on entry may be required	Money for drinks at the bar. Dress to impress.	£4 entry for people with disabilities with up to 2 carers/supporters per person getting free entry.	No need to book – just turn up and pay on the door.
Sunday 30th April	Sunday Cinema Meeting during the afternoon in the Foyer of VUE, Castle Mall, Norwich, NR1 3DD	Mainstream cinema showings change regularly so we will not know the film on offer until about a week before. Register interest and confirm attendance once we send you the details of the film we are going to see.	Admission £9.49 (pay at venue). Money for refreshments.	Admission and refreshments, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity 20 th April Maximum number – 8 places


May	Week beginning 1st May	Week beginning 8th May	Week beginning 15th May	Week beginning 22nd May	Week beginning 29th May
Monday	1 st Bounce with BUILD at Gravity, Riverside	8 th Bounce with BUILD at Gravity, Riverside	15 th Bounce with BUILD at Gravity, Riverside	22 nd Bounce with BUILD at Gravity, Riverside	29 th Bounce with BUILD at Gravity, Riverside
Tuesday	2 nd Ten Pin Tuesday: Norwich	9 th	16 th Ten Pin Tuesday: Norwich	23 rd	30 th Ten Pin Tuesday: Dereham
Wednesday	3 rd Wednesday Club 	10 th Wednesday Club 	17 th Wednesday Club 	24 th Wednesday Club 	31 st Wednesday Club 
Thursday	4 th	11 th	18 th World Food Journey	25 th Fuse Party: Norwich	
Friday	5 th	12 th	19 th Active Norfolk Disability Sports Festival	26 th	
Saturday	6 th Saturday Swimming	13 th Skills for Life:	20 th	27 th	
Sunday	7 th Sunday Lunch Club	14 th Gardening Club	21 st Weekend Walkabout	28 th Sunday Cinema	

Date	Activity	Details	What to bring	Cost	Booking Deadline
Monday 1st May	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Tuesday 2nd May	Ten Pin Tuesday in Norwich Meal & Bowling 5.30pm to 8pm Meet at (see opposite)	Option 1 – Meet at the Queen of the Iceni Wetherspoon's at 5.30pm for pre-bowling dinner. Option 2 – Meet at Hollywood Bowl at 6.20pm for 2 games of bowling.	Money for bowling (£5.80) and for food and drink.	Food, drink and bowling cost plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 26 th April. Maximum number – 16 places
Wednesday 3rd May	Wednesday Club 7pm to 9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Victor the BUILD Bear Hunt – a treasure quest.	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Saturday 6th May	Saturday Swimming 11.30am to 1pm Riverside Swimming Pool, Wherry Rd, Norwich, NR1 1WX	Public swimming session in Norwich's Riverside pool, supported by the centre's lifeguards. Please be aware that BUILD staff and volunteers are not able to assist with dressing or personal care.	Towel, 20p piece for locker, swimming costume, £4.95 entry fee.	Swimming entry fee, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 26 th April Maximum number – 8 places
Sunday 7th May	Sunday Lunch Club: 12noon – 2pm The Cherry Tree, Dereham Road, Norwich	Join a small group for Sunday lunch at this popular pub on the outskirts of Norwich.	Money for food and drinks.	Food and drink cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 26 th April Maximum number – 8 places



Date	Activity	Details	What to bring	Cost	Booking Deadline
Monday 8th May	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Wednesday 10th May 	Wednesday Club 7pm to 9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and Women's Group making homemade beauty products.	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Thursday 11th May	FUSE Party (Kings Lynn)	Currently suspended pending the search for a suitable alternative venue			
Saturday 13th May	Skills for Life: Joining the Gym 10.30am-12.30pm Meeting outside Pilch Sports Shop, London Street	Have a guided tour of The Gym, London Street Norwich and find out what benefits you can gain from regular exercise, see what's on offer and join in our 50 th anniversary challenge to see if you can be part of the team that cycles, walks or rows 50 miles.	Clothes suitable for exercise.	Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	 Book and pay activity support fees by 3 rd May Maximum number – 8 places
Sunday 14th May	Gardening Club 11am to 12.30pm	Gardening at either our Cottage Garden or Allotment site in Eastern Norwich. Details on request.	Old clothes and gardening gloves	Money for drink and snacks, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 4 th May Maximum number – 8 places


Date	Activity	Details	What to bring	Cost	Booking Deadline
Monday 15th May	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Tuesday 16th May	Ten Pin Tuesday in Norwich Meal & Bowling 5.30pm to 8pm Meet at (see opposite)	Option 1 – Meet at the Queen of the Iceni Wetherspoon's at 5.30pm for pre-bowling dinner. Option 2 – Meet at Hollywood Bowl at 6.20pm for 2 games of bowling.	Money for bowling (£5.80) and for food and drink.	Food, drink and bowling cost plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 6 th May Maximum number – 16 places
Wednesday 17th May	Wednesday Club 7pm to 9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game and raffle and pool table. This week includes: Disco and cookery.	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
 Thursday 18th May	World Food Journey: World Kitchen 7pm to 9.30pm at Giraffe, Chapelfield Plain, Norwich	Experience a range of world flavours from Africa, America and Europe at this city centre restaurant. Check out the menu here http://www.giraffe.net/locations/norwich/main-menu	Money for meal and drinks plus travel.	Food and drinks cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 8 th May Maximum number – 8 places
Friday 19th May	Active Norfolk's Disability Sports Festival 10am to 2.30pm UEA Sportspark, Norwich	It's FREE - Come and try Golf, Tennis, Dance, Athletics, Cricket and Football, Boccia, Curling, Karate, Walking and Wheelchair Rugby by booking into planned sessions or demonstrations. BUS BUDDIES and Booking forms available from the BUILD Office.	Appropriate clothing and some money for food and drinks at the Sports Café.	Food and drink cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 1 st May February Maximum number – 8 places


Date	Activity	Details	What to bring	Cost	Booking Deadline
Sunday 21st May	Weekend Walkabout: Norwich Eaton Park Meet at Red Lion Street Bus Stand BM at 1.00pm for 1.10pm bus to Eaton Park, Norwich. Return to Norwich city centre at 3.40pm	Travelling by bus from Norwich City Centre, or meeting at the Park, visit one of Norwich's most beautiful historic parks. There are 80 glorious acres, packed full of great things to see and do for all age groups and interests. At the heart of the park stands the domed bandstand along with a colonnaded pavilion containing a cafe for our mid-afternoon refreshment break. We will catch the return bus at 3.25pm.	£5 entry fee plus warm and waterproof clothing, money for a drink if time allows.	Money for refreshments and travel (paid on the day), plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 11 th May Maximum number – 8 places
Monday 22nd May	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Wednesday 24th May 	Wednesday Club 7pm-9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and possibly Knitting.	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Thursday 25th May	FUSE Party (Norwich) 6.30pm til 9.00pm Mercy XS Prince of Wales Road, Norwich	Entry for those <u>aged 18 and over</u> . A nightclub party night with music, bar and dancing, specifically aimed at people with disabilities, their friends, families and supporters. Proof of age on entry may be required	Dress to impress. ID may be required.	£4 entry for people with disabilities with up to 2 carers /supporters per person getting free entry.	No need to book – just turn up and pay on the door.


Date	Activity	Details	What to bring	Cost	Booking Deadline
Sunday 28th May	Sunday Cinema Meeting during the afternoon at VUE, Castle Mall, Norwich, NR1 3DD	Mainstream cinema showings change regularly so we will not know the film on offer until about a week before. Register interest and confirm attendance once we send you the details of the film we are going to see.	Admission £9.49 (pay at venue). Money for refreshments.	Admission and refreshments, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 18 th May Maximum number – 8 places
Monday 29th May	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Tuesday 30th May	Ten Pin Tuesday in Dereham - Meal & Bowling 5.30pm to 8pm (see options opposite) Meet at Strikes Bowling Alley, Station Rd, Dereham, NR19 1DF	Option 1 – Meet at the Bowling Alley for a pre-bowling meal at 5.30pm Option 2 – Meet at the Bowling Alley at 6.20pm to play 2 games of ten pin bowling.	Money for bowling (£5.90) and for food and drink.	Food, drink and bowling cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 20 th May Maximum number – 8 places
Wednesday 31st May	Wednesday Club 7pm-9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!





June	Week beginning 29 th May	Week beginning 5 th June	Week beginning 12 th June	Week beginning 19 th June	Week beginning 26 th June
Monday		5 th Bounce with BUILD at Gravity, Riverside	12 th Bounce with BUILD at Gravity, Riverside	19 th Bounce with BUILD at Gravity, Riverside	26 th Bounce with BUILD at Gravity, Riverside
Tuesday		6 th Ten Pin Tuesday: Norwich	13 th	20 th Ten Pin Tuesday: Norwich	27 th Ten Pin Tuesday: Dereham
Wednesday		7 th Wednesday Club 	14 th Wednesday Club 	21 st Wednesday Club 	28 th Wednesday Club 
Thursday	1 st	8 th	15 th World Food Journey	22 nd	29 th Fuse Party: Norwich
Friday	2 nd	9 th	16 th	23 rd	30 th
Saturday	3 rd Saturday Swimming	10 th Skills for Life	17 th	24 th	DON'T FORGET – Saturday 8 th July Lord Mayor's Procession in Norwich
Sunday	4 th BUILD's Golden Garden Party (and Gardening Club)	11 th Sunday Lunch Club	18 th Weekend Walkabout	25 th Sunday Cinema	

Date	Activity	Details	What to bring	Cost	Booking Deadline
Saturday 3rd June	Saturday Swimming 11.30am to 1pm Riverside Swimming Pool, Wherry Rd, Norwich, NR1 1WX	Public swimming session in Norwich's Riverside pool, supported by the centre's lifeguards. Please be aware that BUILD staff and volunteers are not able to assist with dressing or personal care.	Towel, 20p piece for locker, swimming costume, £4.95 entry fee.	Swimming entry fee, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 23 rd May. Maximum number – 8 places
Sunday 4th June	BUILD Charity's Golden Garden Party 1pm to 5pm The Bishop's House, St Martin at Palace Plain, Norwich	As part of our 50 th anniversary celebrations, bring friends and family and join us at the home of the Bishop of Norwich, whose gardens have been borrowed by BUILD for a fabulous Garden Party with refreshments, garden tours and games.	£3 per person public entry fee plus money for games and refreshments	£3 per person (over 16yrs)	No Need to book – this event is open to the public 
Monday 5th June	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.
Tuesday 6th June	Ten Pin Tuesday in Norwich Meal & Bowling 5.30pm to 8pm Meet at (see opposite)	Option 1 – Meet at the Queen of the Icenis Wetherspoon's at 5.30pm for pre-bowling dinner. Option 2 – Meet at the Hollywood Bowl at 6.20pm to play 2 games of ten pin bowling.	Money for bowling (£5.80) and for food and drink.	Food, drink and bowling cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 25 th May Maximum number – 16 places

Date	Activity	Details	What to bring	Cost	Booking Deadline
Wednesday 7th June 	Wednesday Club 7pm-9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and Women's Group.	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Thursday 8th June	FUSE Party (Kings Lynn)	Currently suspended pending the search for a suitable alternative venue			
Saturday 10th June	Skills for Life: Looking after pets 10.30am-12.30pm Pets at Home Store, Hall Road , Norwich NR4 6DH	We are a nation of animal lovers, but what do we need to think about when choosing a pet, and what do we have to think about in looking after it. Visiting the Pets at Home Store we can learn more about looking after animals.		Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 31st May Maximum number – 8 places
Sunday 11th June	Sunday Lunch Club: 12noon -2pm Zaks – Riverside Restaurant, Barrack Street, Norwich	Sunday Lunch American style at this popular themed restaurant.	Money for food and drinks.	Food and drink cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 1 st June Maximum number – 8 places
Monday 12th June	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.

Date	Activity	Details	What to bring	Cost	
Wednesday 14th June 	Wednesday Club 7pm-9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and Women's Group Craft night	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Thursday 15th June	World Food Journey: Caribbean 7pm to 9.30pm Turtle Bay, Swan Lane, Norwich	Get a taste of the Caribbean in the heart of Norwich. Visit the menu here https://www.turtlebay.co.uk/food-drink/	Money for meal and drinks.	Food and drinks cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 5 th June. Maximum number – 8 places
Sunday 18th June	Weekend Walkabout: Norwich Riverside 1pm to 3pm Meet in the square outside the Odeon Riverside cinema in Norwich	A hopefully, sunny afternoon walk heading south along Riverside to Carrow Road, the home of the Canaries (Norwich City FC), and back along the historic and refurbished King Street. If time permits, we can walk a bit north before, or after, refreshments at The Queen of Icen.	Warm and waterproof clothing, and money for cafe drinks.	Food and drinks cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 8 th June. Maximum number – 8 places
Monday 19th June	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.

Date	Activity	Details	What to bring	Cost	
Tuesday 20th June	Ten Pin Tuesday in Norwich Meal & Bowling 5.30pm to 8pm Meet at (see opposite)	Option 1 – Meet at the Queen of the Icenis Wetherspoon's at 5.30pm for pre-bowling dinner. Option 2 – Meet at the Hollywood Bowl at 6.20pm to play 2 games of ten pin bowling.	Money for bowling (£5.80) and for food and drink.	Food, drink and bowling cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 10 th June Maximum number – 16 places
Wednesday 21st June 	Wednesday Club 7pm-9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and cookery	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Sunday 25th June	Sunday Cinema Meeting during the afternoon at VUE, Castle Mall, Norwich, NR1 3DD	Mainstream cinema showings change regularly so we will not know the film on offer until about a week before. Register interest and confirm attendance once we send you the details of the film.	Admission £9.49 (pay at venue). Money for refreshments.	Admission and refreshments, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 15 th June Maximum number – 8 places
Monday 26th June	BOUNCE WITH BUILD PARTY – Gravity Trampoline Park, Riverside, Norwich 5.30pm to 7pm	Join in an exclusive BUILD Charity hosted trampolining party for people with disabilities including music and light show. Think of it as our famous Fuse Parties - on a trampoline! Bounce session runs from 6pm to 7pm, but you must be there at least 30 minutes before for booking in and safety briefing.	Loose fitting comfortable clothes, money for refreshments.	£7.50 entry plus £1 sock hire. Food and drink on sale at the venue. Carers only pay if they bounce.	Ideally, and to save time on arrival, pre-book on line with Gravity at www.gravity-uk.com or – you can turn up on the night.

Date	Activity	Details	What to bring	Cost	
Tuesday 27th June	Ten Pin Tuesday in Dereham - Meal & Bowling 5.30pm to 8pm (see options opposite) Meet at Strikes Bowling Alley, Station Rd, Dereham, NR19 1DF	Option 1 – Meet at the Bowling Alley for a pre-bowling meal at 5.30pm Option 2 – Meet at the Bowling Alley at 6.20pm to play 2 games of ten pin bowling.	Money for bowling (£5.90) and for food and drink.	Food, drink and bowling cost, plus Activity Support Fee (£5 for BUILD Members; £10 for Non-Members)	Book and pay activity support fees by 17 th June Maximum number – 8 places
Wednesday 28th June 	Wednesday Club 7pm-9pm Vauxhall Centre, Johnson Place, off Vauxhall Street, Norwich, NR2 2SA	Weekly social club including arts and crafts, drinks and confectionery, our Bonus Ball game, raffle and pool table. This week includes: Disco and possibly Knitting Group.	Entry fee plus money to spend in the cafe for refreshments.	BUILD Members - £9 Non-members - £14 16-19 years old - FREE Payable on entry	No need to book – just turn up!
Thursday 29th June	FUSE Party (Norwich) 6.30pm til 9.00pm Mercy XS Prince of Wales Road, Norwich	Entry for those <u>aged 18 and over</u> . A nightclub party night with music, bar and dancing, specifically aimed at people with disabilities, their friends, families and supporters. Proof of age on entry may be required	Dress to impress. ID may be required.	£4 entry for people with disabilities with up to 2 carers /supporters per person getting free entry.	No need to book – just turn up and pay on the door.
DON'T FORGET	Saturday 8th July	BUILD Charity in the Lord Mayor's Celebration Parade in Norwich			
	Saturday 15th July	Gangsta Granny Live at The Theatre Royal Norwich – a relaxed performance for people with autism and other disabilities.			

Staying Safe - for people using or supporting activities

Adults or young people who use or support activities managed by BUILD have the right to expect to feel safe and respected. This policy, designed by people who use and support our programmes, sets out some expectations to keep people safe, and maintain appropriate behaviour that shows respect for everyone attending an activity.



Showing respect to others:

- People should not use language that others might find upsetting or offensive
- People should not push others, punch, or use any other type of physical violence
- People should avoid suggestive or sexual behaviour
- People should avoid bullying of any kind
- People should be polite to each other
- People should follow reasonable requests and instructions given by staff or lead volunteers
- People who have said that they intend to take part in an activity, or support it, should let BUILD know if they can no longer attend

Keeping Safe and Well:

- All BUILD Volunteers and paid staff will complete a safeguarding check and be asked to supply the names of two unrelated people who can act as references for them. They will also complete induction training which includes a briefing on BUILD's Safeguarding Vulnerable Adults and Young People Policy.
- All BUILD Volunteers and paid staff will, within the first three months of their role, attend a workshop on safeguarding (or show evidence that they have gained the learning from other paid or volunteer roles).
- Smoking is not allowed in any building used by BUILD, unless in dedicated smoking areas.
- Everyone is responsible for keeping personal possessions safe. BUILD will not be responsible for any loss or damages caused on a BUILD activity.
- Anyone needing any form of personal care or help with medication will provide this for themselves, as BUILD staff and volunteers are not trained to do this.

Bounce with BUILD
Music and Lights
Party Nights
for people with disabilities
Every Monday—5.30pm to 7pm
Riverside, Norwich
£7.50 per session



Pre-booking advised to save time on entry at
www.gravity-uk.com
Safety briefing and waiver signing plus first time
sock hire (£1) required on arrival



BUILD
CHARITY

Social, leisure and learning opportunities
for people with disabilities



BUILD is a Norfolk based independent registered charity providing social, leisure and learning opportunities, to people with sensory, physical or learning disabilities.

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

WE OFFER A RANGE OF SERVICES, INCLUDING:

- A range of countywide community based sports, cultural and outdoor activities for adults (16+)
- Learning and skills workshops to promote confidence and independence.
- Horizons – a specific range of opportunities for those aged 16-25
- A weekly Norwich based social club (Wednesday Evenings)

People can pay for our services using a personal health, or social care budget, or by any other means, through our regular user membership scheme or our pay as you go scheme.

For more information call 01603 618029
or visit www.buildcharity.co.uk

BUILD Charity Limited is registered in England and Wales with company number 8069610 and registered with the Charity Commission with charity number 1147395.

Registered office: Church House, Church Alley, Redwell St, Norwich, NR2 4SN