

Information Sheet



Some organisations and providers host open or promotional days where they welcome potential members and members of the public to look around.

Local authorities may run similar events where they invite different organisations from the area to showcase their services.

Alternatively, you can contact an organisation directly to arrange your own visit.

This will give you the opportunity to look around, see where the organisation is based, and see what activities they provide.

You can also arrange an interview with a manager or one of the staff to talk through what you might be interested in doing.

You might also get the opportunity to speak to other staff and some of the members.

Find out what you can about the organisation and what services they provide before your visit. Look on their website or talk to them on the phone.

It may also be useful to prepare some notes of the main things you want to discuss or questions you may have.

You can choose to have a friend, family member or support worker with you when you visit.

Some providers will offer trial days, to try out one or more activities without committing to joining. This is a great opportunity to find out if you will enjoy it and find it useful, as well as get to know the members and staff better.