

Out & About



Working across the East of England region Out & About enables disabled children and young people to have fun by accessing their chosen mainstream leisure opportunities in their local communities. Recognising the barriers they often face in accessing ordinary, everyday activities we help to break through these barriers.

We have offices in a number of key strategic locations:



West Suffolk: Saxon House, Kempson Way, Bury St Edmunds, IP32 7EA
Watford: Lemarie Centre, 524 St Albans Road, Watford WD24 7WF
North Suffolk & Norfolk: 15 Milton Road East, Lowestoft NR32 1NT
HEAD OFFICE: Claydon Court, Old Ipswich Road, Claydon, Ipswich IP6 0AE
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YOU SHOULD KNOW
ABOUT OUT
AND ABOUT
WWW.OAA.CO.UK

Registered UK Charity number 1068896 Company Limited by Guarantee (No: 3514682)

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UK REGISTERED CHARITY: 1068896

IMPACT REPORT 2008-09

Enable disabled children to access their right to real, active inclusion
Empower disabled children by developing practical skills & giving them greater confidence
Enrich the lives of disabled children by opening up new opportunities & creating many happy memories



A few words from disabled young people & volunteers

So why should you read this Impact Report?

We asked the same question . . . Freddie thinks that it's a really good charity that offers lots of chances to people with disabilities, and if more people give money to support the charity it will then be able to achieve and do more. He'd like you to donate.

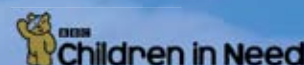
I think u should read this report because... ☺
O&A gives disabled people the chance to enjoy freetime like everyone else by building our confidence.

These views are echoed by Josh who says that anyone who makes a donation will see "every penny then go to help support children like me to enjoy going out and doing activities – things that those without disabilities take for granted".

For Sadie reading the report might make you think about volunteering, and then you'll get the opportunity "to give disabled children a chance to develop so that they can feel like everyone else out there". This is backed up by volunteers Maya and Jeremy. Both have spent many months as volunteers supporting disabled young people, and Maya writes: "O&A is a fantastic charity, which needs support if it can continue changing people's lives".



Warm thanks to all our funders & individual donors (you are all so special to Out & About) Suffolk County Council, Hertfordshire 513, Prevention Fund, Big Lottery Fund, Lloyds TSB Foundation, BBC Children in Need and Suffolk Foundation.



What we do & why

After more than a decade the charity remains firmly fixed on its Mission Statement:

Out & About enables disabled children and young people to develop the skills to access their right to full and active inclusion.

Although a Suffolk-based charity we work regionally, from Bury St Edmunds, Lowestoft, Kings Lynn, down to Thurrock and across to Watford. 2009 marks almost 12 years of focused work: providing activities of support and inclusion of disabled children and young people in mainstream leisure activities.

This has enabled five to 25 year olds to gain full inclusion in a wide range of ordinary leisure activities alongside their non-disabled peers in their local communities across the East of England.

This year alone Out & About enabled **345 disabled children** (a **27% increase** from the previous year) to take part in local leisure activities. An amazing **10,300 hours** of direct support have been arranged in a wide range of ordinary leisure opportunities including sports, arts, uniformed groups, after school clubs and youth clubs. Disabled children and young people were also supported in specific interest activities such as pottery classes, go-kart leagues and gardening clubs.

We do all this because we passionately believe that disabled children and young people have a right to: ● equality and inclusion in all aspects of life ● be treated as individuals ● be fully involved in shaping the support they receive from us.



"The Council for Disabled Children is proud to work with Out & About and with the children and young people it supports. We have been struck by the positive engagement of young people and the fact that being part of Out & About really builds confidence in them and strengthens their place in the community". [Christine Lenehan OBE](#), [DIRECTOR](#), COUNCIL FOR DISABLED CHILDREN

ENABLE EMPOWER ENRICH – EVERYDAY FUN FOR DISABLED YOUNG PEOPLE



People with disabilities
deserve to do the same
things as people without
but they need more
Support.
Astén

Disabled children and young people have accessed activities like:
Pin Bowling; Air Cadets; Aqua Aerobics; Archery; Army Cadets; beavers; Bell
ringing; Brownies; Circus workshops; Cubs; Football Camp; Go-Karting; Golf;
Guides; Hands on Cookery; Horse riding; Karate; Libraries; Pantomimes; Red
Cross; Sailing; St John Ambulance; Street Dance; Swimming; Table Tennis;
Team sports; Trampolining; Youth Clubs.

Disabled young people & their stories

KELSEY

Kelsey is a typical active nine-year-old boy who swims, dances and plays games, but what makes Kelsey unique in doing all these things is the fact he is visually impaired.

Out & About works with Kelsey supporting him to attend mainstream activities and enabling him to keep in contact with his friends during the school holidays.

Last year Kelsey lost his sight completely after developing Retinoblastoma, a rapidly developing cancer that attacks the cells of the retina, the light detecting tissue of the eye.

Paul Smyth, Team Leader says: "Kelsey has shown great strength in facing his disability, he is always smiling and laughing. He shows a tremendous positive outlook on life and is always prepared to try anything."

Out & About has seen Kelsey's confidence continue to grow. He joins in with all the games, some of which are quite fast pace, with no fear or apprehension. Away from Out & About, Kelsey is a budding tap dancer and regularly attends the Gypsy School of Dancing.

JAMES

James is a busy independent 15 year old who enjoys heading into his local town on the bus and going bowling. Out & About have been working with James for nearly a year, supporting him in developing his self-sufficiency and accessing leisure activities.

James has cerebral palsy and learning difficulties and was introduced to Out & About in April 2008, where he met Scott, a volunteer for Out & About. Scott is a great role model, with his 'can do' attitude, he has empowered James to try new things. Together they have enjoyed a variety of activities on the scheme and seen James' confidence grow.

"It does what the title says – it gets me out & about."

"O&A gives me confidence & I get to spend time with my best mate."



ASTEN, BECCA & SADIE

This group of fun loving girls are enthusiastic users of Out & About. All three girls love to shop and it is with thanks to their volunteers they have learnt about money management, so they don't spend all their saved pennies on clothes.

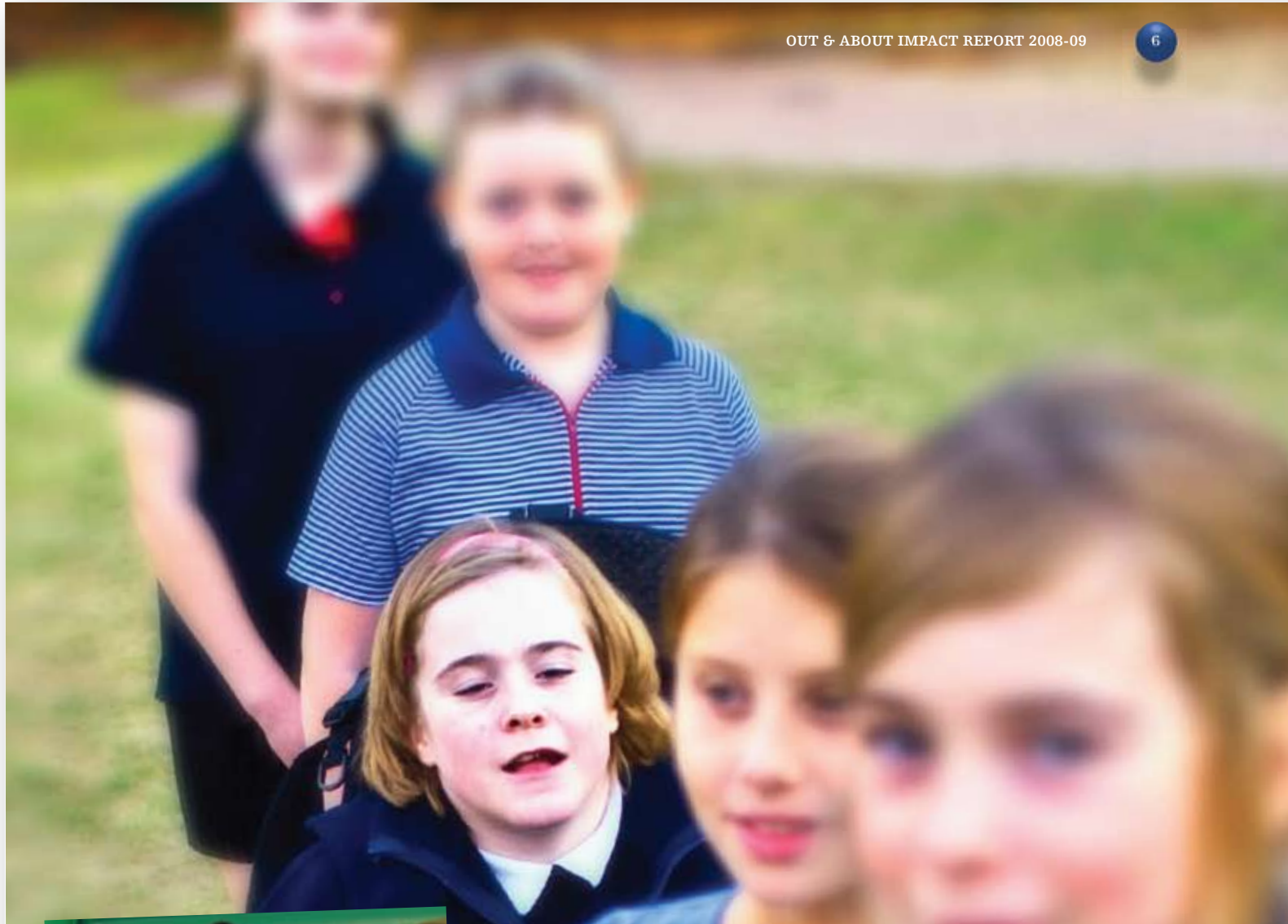
Becca, 16, is an avid moviegoer and writes film reviews for the Connexions website. Becca has Cerebral Palsy but she is determined to be an independent young woman and loves catching the bus into town to meet her friends.

"It helps me to develop my social skills".

"O&A is important to me because it helped me to get the bus on my own. I can now by myself to visit Granpa in Cambridge – O&A helped me practice and plan the route".



ENABLE EMPOWER ENRICH – EVERYDAY FUN FOR DISABLED YOUNG PEOPLE



“Volunteering for O & A has been a great experience. I have met lots of great people and gained new skills. My confidence has increased, my communication skills have improved and I’m better able to deal with difficult situations. The experience I gained with Out & About enabled me to get a job as a personal Assistant for someone with a learning disability”. [Jemma, Out & About volunteer](#)

Volunteers & their stories

With every new volunteer we can recruit the more disabled children in the region can access their chosen leisure activities; we have this year managed to increase the number of volunteers by 55%. Many of our volunteers are young people themselves – all keen to make a real difference in their local communities and develop their own skills.

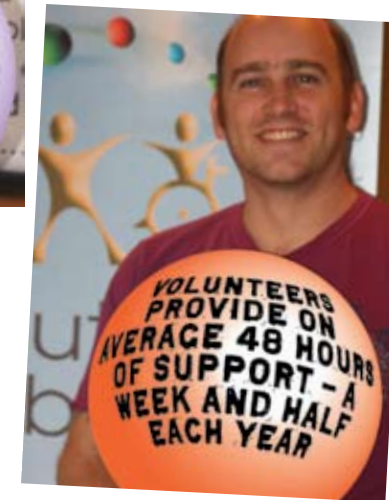


“It enables me to meet lovely people & learn about their lives & experiences with disabilities”.

JOSH & MARK

Josh, 17, is a budding radio presenter, once a month he and his volunteer, Mark, head to Ipswich Community Radio and talk about what they have been up to with Out & About. They love going in to the studio and learning about the world of broadcasting.

Josh has Duchenne Muscular Dystrophy and uses an electric wheelchair to get around. Mark, Josh’s volunteer was inspired to work for Out & About after his Mum told him about it; he has been a support worker for two years and hopes to work for Out & About one day. Mark himself has learning difficulties and says this provides him with a good understanding of the service users on the Out & About Scheme.



MARTYN

Martyn is a young volunteer for Out & About and supports two service users in their mainstream activities. Martyn was inspired to become a volunteer after he carried out work experience at Thomas Wolsey School, Ipswich.

Martyn works with two boys who have autism and communication difficulties. It is Martyn’s responsibility to enable them in understanding what it going on around them.

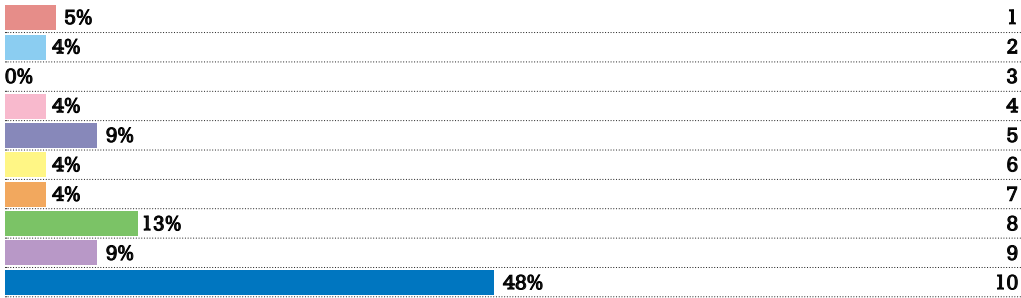
Martyn says: “Volunteering for Out & About is so rewarding. I hope to build on my experience to eventually have a career working with disabled children.”



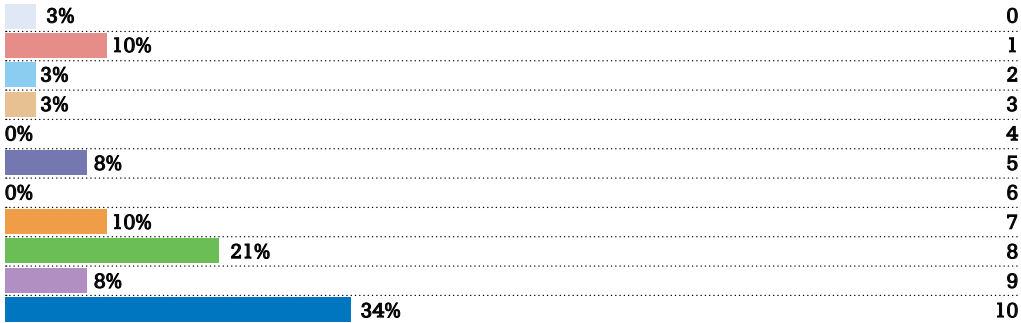
ENABLE EMPOWER ENRICH – EVERYDAY FUN FOR DISABLED YOUNG PEOPLE

Our impact & what our service users have to say

DISABLED CHILDREN & YOUNG PEOPLE
On a scale of 1 to 10 – Out & About has made a real and positive difference to my life



PARENTS & CARERS
On a scale of 1 to 10 – Out & About has made a real and positive difference to my daughter/son's life



KEY FACTS ABOUT RESPONDENTS:
75% were male;
25% female
41% were aged between 5-12 years old;
and 56% between 13-18.
The majority were either referred by social services or self-referral



In late 2009 Out & About conducted an external evaluation exercise to assess views and quality of services; and get an up to date feel for the impact on service users' lives. Based on a service users survey, whereby disabled children and young people plus their parents were asked to complete confidential questionnaires, our external consultant reviewed and analysed the survey results.

Highlights from the disabled children and young people's survey results include:
● 100% rated their support workers as very good or good at listening and responding to their needs (doesn't get any better than that!)

"From the evaluation it is clear that the recurring themes are of confidence and independence, with the vast majority improving in both areas. Out & About is successful in playing a vital role in giving children and young people something purposiveful and enjoyable to do outside the house; providing non-formal learning opportunities to acquire some simple but important life skills; and giving their parents a much needed break from caring". [Mark Ereira-Guyser, EG CREATIVE SOLUTIONS LTD](#)

- 95% made a plan about how to access mainstream leisure opportunities and were happy with their plan
- Again top marks were given to Out & About for how they felt more or a lot more confident, with nearly all respondents thinking that they could now speak up for them-selves better
- Across the board the respondents were very pleased with the new skills and talents they'd be able to develop in football, swimming, gymnastics, archery, canoeing, shopping and money management and most resoundingly of all – independent travel and using public transport

- Respondents felt much better integrated into local community life and routine activities
- Despite many examples of new friends being made most still struggle to form friendships and identify this as something they really miss in their lives.



When the children & young people were asked: My support worker is important to me because . . .

- "She helps me to do the same things as other children".
- "She allows me to be like everyone else".
- "He is fun and a friend. I feel safe".
- "O&A enable me to access activities".
- "He gives me freedom I can go out independently".
- "She gives me the chance to get out and do normal things".

Thank you

We asked a group of children and young people using our services the what IF question . . .

If I didn't have Out & About I would . . .

" . . . crumble, & I'd be staying at home all the time . . . "

" . . . have no new friends . . . "

" I would not be able to get outside & see life for myself. I would lose a lot of self-esteem & I would probably become very idle".

"I would be in my room all the time. I'd be bored & lonely."

" . . . be at home without the freedom to do things – without Out & About I wouldn't be here having the chance to answer these questions; I'd be stuck at home."



NB: Volunteer Time – based on the Lottery's suggested £6.25 per hour)



We are members of the Fundraising Standards Board



So what do our Funders & Supporters have to say?



Out & About is determined to make a real difference to current and potential beneficiaries and to do this we need money!

In the past year a combination of grants, contracts and traditional fundraising were the key sources of our income. Having been 'born' in Suffolk the County Council remains our largest contributor. We are very grateful to Suffolk County Council for their substantial financial support.



"Out & About are a fantastic charity full of energetic, enthusiastic people who really make a positive difference to the lives of so many disabled children and young people in Suffolk. Their commitment and passion just can't help rubbing off on everyone they meet. The joy they bring to the children they help is measured in smiles and laughter". [Andrea Hill, Chief Executive, Suffolk County Council](#)

"Out & About make a great impact in the lives of disabled children and young people and their families by ensuring that they can access the range of leisure and learning activities available to all other youngsters. Out & About do this by brokering choices with the young people and then supporting them and the community provider to ensure this is a genuinely inclusive process. This is helping to develop inclusive provision and access, more generally, not just for individuals". [Simon White, Director of Children & Young People, Suffolk County Council](#)

Two major grants came to an end in 2009, the Big Lottery Fund in West Norfolk and BBC Children In Need in Suffolk; Out & About is actively seeking new funds to provide further opportunities to disabled children and young people. We have recruited a new Fundraising Manager, who has taken full strategic responsibility for generating income from trusts and grants in the coming year. Increasing reserves and unrestricted funds remains a key priority within the fundraising strategy next year.

"I am very encouraged by the work that is being undertaken by Out & About. It is really important for disabled young people to be able to take part in mainstream activities in their local community and something we are keen to promote. It can make a huge difference to the young people involved." [Ed Balls MP, Secretary of State for Children, Schools & Families](#)

Whilst thanking the larger funders for their vital support we would also like to recognize all the other people and groups who have done so much in supporting us in the last financial year: ● The Colleagues & Customers of Sainsbury's at Warren Heath, Ipswich ● Basepoint Business Centre, Ipswich ● Deben Rotaract Club ● Friendly Charity Darts League especially John Miller & Keith Lawrence ● The 49 people who bravely abseiled down a Hospital maternity block ● The 25 who took part in a tandem skydive ● Pat Leach Simone Jennings for opening their garden to the public to raise funds ● East Bergholt Parish Council ● RAF Marham, Phil Wolstanholme, his Race Team, all volunteers and runners ● The 16 women who took part in the Ladies Driving Challenge ● The five runners from Cofunds Investment Company who took part in the Reading Half Marathon ● The 16 people who took part in the Wantisden Hog Run ● Julie Bain at The Crown Hotel Manningtree ● Willis for donating money from their Dress down day ● Earth Mobile ● Ipswich Preparatory School ● Ipswich Pub Poker ● Suffolk Recycling Awards ● Nicola & Isobel Furnston for taking part in the Orwell Walk ● Ashley Community ● Seven runners who took part in the London 10K Run ● Mrs Luxmoore for her 80th birthday donations

Five Golden Eggs Research

As always the involvement of disabled young people is a particular focus for Out & About, and 8 disabled young people planned and delivered a major piece of research, to find out how inclusive leisure activities really are.

The group agreed 5 Golden Eggs to inclusion – the five most important things they would expect an inclusive leisure provider to be, or do:

- Accommodating
- Understanding
- Accessible
- Treat People Equally
- Friendly and Fun

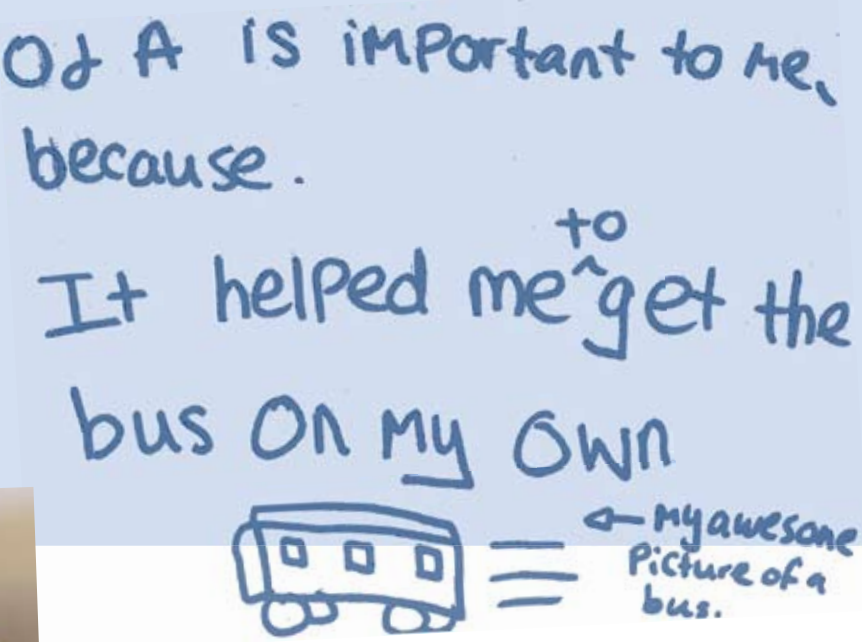
The young people went to Suffolk County Council HQ, Endeavour House, to present their findings to commissioners and managers from Children and Young People’s Services; and this has led to the putting together of a quality mark tool that providers can use to assess themselves.



Using public transport and literally getting ‘out and about’ is very important to service users. Out & About’s Inclusion Manager Jennifer Grist talks here about how using public transport to access activities is a key goal for many disabled young people.

“Richard was referred to us by his Connexions Personal Advisor as Richard was really keen to be able to use the bus from his home in coastal Suffolk into Ipswich.

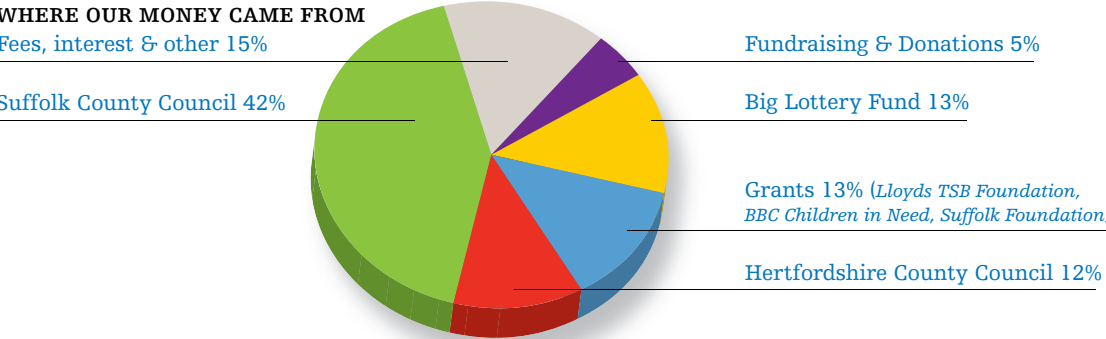
Richard had used the bus before but only with his mum and he didn’t have the confidence to get the bus on his own, particularly on busy days. So a volunteer was found for Richard to accompany him on the bus to go to the cinema which he loves. After a few sessions Richard felt confident enough to get the bus on his own, meeting the volunteer at the bus stop”.



Financial report 2008/09

THE OUT & ABOUT TRUST (ANGLIA)
STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 31 MARCH 2009

	NOTES	UNRESTRICTED FUNDS £	RESTRICTED FUNDS £	TOTAL 2009 £	TOTAL 2008 £
INCOMING RESOURCES FROM GENERATED FUNDS					
Voluntary Income					
Donations and gifts	2	6,620	-	6,620	51,635
Activities for generating funds					
Fundraising Activities		17,651	-	17,651	9,728
Investment income	3	3,562	-	3,562	9,077
INCOMING RESOURCES FROM CHARITY’S ACTIVITIES					
Grants, contracts and fees	4	76,891	420,403	497,294	353,396
Total incoming resources		104,724	420,403	525,127	423,836
RESOURCES EXPENDED					
Costs of generating funds					
Fundraising and publicity costs		27,481	-	27,481	10,889
Charitable activities					
Supporting Children and Young People		87,754	424,965	512,719	404,456
Governance Costs		2,893	-	2,893	2,299
Total resources expended	5	118,128	424,965	543,093	417,644
Net incoming/(outgoing) resources before transfers		(13,404)	(4,562)	(17,966)	6,192
Net movement in funds		(13,404)	(4,562)	(17,966)	6,192
Fund balances as at 1 April 2008		43,547	32,997	76,544	70,352
Fund balances at 31 March 2009		30,143	28,435	58,578	76,544



STATEMENT BY TRUSTEES
This financial information gives a summary of the income and expenditure arising during the year. It is reproduced from the full audited financial statements, a copy of which can be obtained from our Head Office address (see back cover).

OUT & ABOUT STAFF:
Steve Allman
Barbara King
Derek Smith
Judy Newton
Becca Macro
Kate Higgs
Nikki Durbin
Fiona Farrell
Paul Smyth
Andrea Dawes
Michelle Woods
Jennifer Grist
Lynn Grimsley
Helen Read
Bev Montague
Rachel Harrington
Terry Simnett
Jurgita Baleviciute
Emma Fisher

OUT & ABOUT TRUSTEES:
Linda Davey (until February 2009); Ruth Jenkins (Chair); Richard Catherall (Treasurer); Victor Goh; Geoff Holloway (until July 2008); Peter Horsfield; Ruth Juby (until July 2008); Pat Leach; Glenn Longhurst (until January 2009); Caireen Piper (until July 2008); Abi Rodwell; Richard Setterfield

OUT & ABOUT PATRONS:
Linda Hoggarth; Becky Jago; Charlie Simpson

So what next? – O & A's vision for the future



Chief Executive Steve Allman and Trustees are ambitious for the future of Out & About, its service users, volunteers and staff.



Volunteers: "It's so rewarding to see a child gain confidence and independence through the activities they do – and it's loads of fun too! I really enjoy volunteering." "It gives me a sense of what's really important in life." "It's great fun, not just for the children, but for us volunteers too!" The children & young people: The best thing about Out & About is . . . "It's great fun." "My volunteer, Beth rocks!" "I can enjoy bowling & cinema independently with support." "Making friends." "The staff – Lynn & Helen – they are out of this world. They always know exactly who to match you up with & to have great fun."

Out and about is
Important to me because
They offer me the
chance to get out
more.