

How Out & About makes a difference

68% of disabled children know how it feels to be excluded from leisure activities because of their disability. 70% of parents of disabled children say their child cannot attend local activities like others.

Out & About supports disabled children in their choice of leisure activity, helping them to break through the barriers and be fully included.

As a local charity, Out & About are dependent on public support and donations which enable local disabled children to have fun in life.

Giving as little as £3 a month can make a big difference to the lives of disabled children like these:

Freddie “ I have loads of fun with Out & About, my favourite is swimming and bowling”

Freddie and his Dad are pleased that he can go to local activities, which, without support from Out & About, he might normally be excluded from.



“With Out & About, I can meet up with my friends after college and hang out. It’s really helped my confidence to go to new places”



Michelle “With Out & About, I can meet up with my friends after college and hang out. It’s really helped my confidence to go to new places”

Michelle sometimes uses an powered wheelchair. Out & About supported Michelle to use the chair for one of her favourite things shopping in town!

William “Out & About is fun, exciting and very interesting. Without it, I would be very sad”

William’s Mum says it would be hard for him to attend activities without Out & About. She’s pleased that he can go out with other children his own age, with support from volunteers who understand him.



Holly “My name is Holly and here I am having a great time at Out & About’s party!” Holly used to miss out on having fun with other kids who didn’t understand how to interact with her. Since Out & About started to support Holly at her local after school club, Holly is much more included.

“Volunteering has given me the chance to meet lots of fantastic kids and has helped me to decide what I’d like to do with my life”

Helen says volunteering has made her realise she wants to work with disabled children as a career. Helen says it’s made her much more confident.



Standing Order Request:

Surname:

First Names:

Address:

Post code:

Phone:

Email:

Please accept my instruction to set up a standing order to make a regular payment to The Out & About Trust (Anglia) on the date given below and until further notice.

Amount: £

Payment Day:

(eg: “1st of each month”)

Please debit the amount above from my account, details of which are:

Bank/Branch:

Sort Code:

Account Holder(s):

Account Number:

Start date:

Signature(s):

Please credit The Out & About Trust (Anglia) account, details of which are:

The Out & About Trust (Anglia).

Royal Bank of Scotland (Ipswich).

Sort code: 16-22-17. Account Number: 10069650.

Gift Aid it! – Boost your donation by ticking this box and Out & About can claim an extra 28p for every pound you donate back from the Inland Revenue. There is no extra cost to you and you must only tick the box if you are a UK tax payer.

Data Protection – we would like to keep you informed of our work and any future events by email or post. We respect your privacy, so if you would prefer not to receive such updates, please tick the box above. Out & About will never share your details with any other third party as a result of your support for us.

That’s It! All done. Many thanks for your support. Every pound you donate really does make a BIG difference to the lives of disabled children and young people.

Please tear off the form and pop it in an envelope to our FREEPOST address overleaf. If you do use a stamp you’ll help us to keep our costs down.

Out & About
FREEPOST ANG4533
Ipswich
IP4 1ZZ

How can you help

Making a regular donation to Out & About is a great way of making a real difference in the lives of disabled children and young people.

There are other ways you can help too, by organising fundraising events in your own community, or by volunteering for activities.

Contact us to find out how you can make a difference.

Registered Office (Head Office)

The Out & About Trust (Anglia)
37-43 Fore Street
IPSWICH
IP4 1JL

0870 770 5767
info@out-and-about.org.uk



Registered Charity 1068896
Registered Company 3514682

WANNA MAKE A DIFFERENCE?



out &
about

Enabling disabled children and young people to access their right to inclusion.