



Locations:

- **Essex**
- **Hertfordshire**
- **Suffolk**
- **Thurrock**

0845 241 2576 (Ph)

0845 241 2577 (Fx)

[www.oaa.co.uk](http://www.oaa.co.uk)

[info@oaa.co.uk](mailto:info@oaa.co.uk)

*Out & About breaks through barriers and turns grey skies to blue.*

We include disabled children and young people in the leisure opportunities going on in their local community; the ordinary, everyday things they want to access, but often can't because of the barriers that get in their way. We do three very important things:

**Enable** disabled children to access their right to real, active inclusion.

**Empower** disabled children by developing practical skills and confidence.

**Enrich** the lives of disabled children by opening opportunities and creating happy memories

This pack will provide you with everything you need to refer a child to Out & About. Please read everything carefully before completing the Referral Form. Before you make a referral, it is very important to consider the following three things:

- We provide support for children in inclusive community-based activities.
- We don't work with children indefinitely; support can be time-limited.
- Referrals for specific, named activities or clubs are preferred.

All Referral Forms should be returned to our **Head Office in Ipswich**. The address is Claydon Court, Old Ipswich Road, Claydon, Ipswich IP6 0AE. Don't worry if you don't live near Ipswich, we will pass your form on to your local area team who will get in touch to arrange visiting you at home to find out more about your support needs.

If you have any questions or would like more information on Out & About, have a look at our website [www.oaa.co.uk](http://www.oaa.co.uk) or contact us using the details at the top of this page.

Thanks for your interest in Out & About. We look forward to receiving your form soon.

*Out & About*





# Who Can We Support?

Out & About aim to provide an open service to *all* disabled children without any specific criteria. This is a guide to assist anyone who is making a referral to us to decide whether we are a suitable choice of organisation to provide support.

**Support relates to the benefits to the disabled child/young Person who will be participating in the activity. Out & About aim for the child/young person to attend their mainstream activity on their own. All support can be ongoing and is subject to regular reviews in accordance with the child/young persons assessed needs.**

Each support plan is put together to meet the individual assessed needs of the child or young person. The support plan may consist of one or more of the following:

- The development of key life skills such as self-advocacy, self esteem assertiveness, self confidence and independence.
- Making a lasting difference to the child/young person life.
- Making it a positive 'ordinary' life experience.
- FUN!

## Disability

Out & About follows the definition as stated in the Disability Discrimination Act as:

**'a physical or mental impairment which has a substantial and long-term adverse effect on the ability to carry out normal day to day activities'**

If you are unsure of whether you can be supported by us then we will happy to discuss any queries or questions you have.

## Our service is more effective when:

- The activity reflects the interests and aspirations of the child or young person.
- Volunteers and employees have sufficient skills and experience to meet the child or young person's need. Some needs such as intensive behavioural or medical intervention maybe best met by other organisations.
- A child has already been excluded from an activity for reasons relating to their disability or support needs.

Where necessary we will seek professional advice or training when specialist support is required. Out & About's ability to provide support is determined by available resources and the ability to fully meet the disabled child/young persons assessed support needs.

For more information on what we do and how we work, please see our services leaflet or alternatively you can visit our website at [www.oaa.co.uk](http://www.oaa.co.uk)

# Out & About

CAN...	CANNOT...
<p>Support in specific mainstream leisure activities including:</p> <ul style="list-style-type: none"> <li>• Sports activities</li> <li>• Youth Clubs</li> <li>• Music/drama groups</li> <li>• After school activities</li> <li>• Uniformed groups</li> </ul> <p>Put the child at the centre of what we do.</p> <p>Put together an individual plan of support for each disabled child and young person.</p> <p>Do regular reviews of the assessed needs of each child and young person.</p> <p>Promote the key life skills of self-advocacy, self-esteem, assertiveness, self-confidence and independence.</p> <p>Work towards unsupported participation in activities and full inclusion in life!</p>	<p>Provide support within the home.</p> <p>Provide a sitting or childminding service.</p> <p>Support in Disability groups or clubs, eg: disabled riding, disabled swimming sessions, etc.</p> <p>Support large groups in the community.</p> <p>Solely offer a respite service to parents/carers.</p>

The flowchart below outlines how your referral will be processed and the stages involved.

