



## About us



Out & About is the charity which enables disabled children and young people to access everyday leisure activities throughout the east of England.

We support disabled children to become fully included in their chosen local leisure activity; the ordinary, everyday activities that all children and young people can take part in.

We also work with leisure providers to increase their skills and confidence and enable them to make their activities more inclusive for everyone.

When it comes to universal leisure activities, disabled children and young people are often overlooked, which can leave them feeling lonely and isolated.

Out & About's vision is a world where disabled children and young people are fully included in their choice of leisure activity.

We aim to

enable universal leisure providers to offer the same choices and opportunities to all children and young people

empower young people to develop new skills and qualities that promote inclusion

enrich others with the skills and knowledge to overcome the barriers faced by disabled children and young people



### Our Trustees

Our Board of Trustees are responsible for the governance of Out & About and its strategic direction. Trustees can be contacted via the Ipswich office.



### Our Presidents and Patrons

Those special people who make a significant contribution to Out & About are given the honour of becoming a President. Out & About also selects Patrons who help to promote the charity and its work with disabled children.

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Charity Number 1068896 | Company Number 3514682 | Registered Office Claydon Court, Old Ipswich Road, Claydon, Ipswich, Suffolk IP6 0AE

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[http://www.direct.gov.uk/en/DisabledPeople/Employmentsupport/LookingForWork/DG\\_4000314](http://www.direct.gov.uk/en/DisabledPeople/Employmentsupport/LookingForWork/DG_4000314)

<http://www.frsb.org.uk/>

