

## **What is the Outings Scheme?**

K&K has been running the scheme in various forms for many years. Two volunteers and a member arrange to go out together somewhere locally or in central London for a few hours, a half-day, a whole day or an evening. Members look forward to the Outings and it's also great fun for the volunteers!

## **Who goes on Outings?**

Any member who can safely leave their house with the support of two volunteers.

## **Why do we have Outings?**

*For members, it's the difference between just watching others go out and have fun, and being able to do it themselves.* It's a relaxed way for them to expand their social lives, have new experiences, gain independence, form friendships and to grow in confidence. For some, it's also a rare break from their usual routine and allows them to enjoy activities they may not have the opportunity to try. Strong friendships can develop between members and volunteers, with everyone really looking forward to the next Outing!

## **What can you do on an Outing?**

The list is endless! It can be as simple as walking in a park or going to the cinema, or something more adventurous like visiting a food festival, playing sport or seeing a band. Members usually love to include food during an Outing, so perhaps start an afternoon's Outing with a cheap lunch at a café or stop for a mid-afternoon "cake break" at a market or street stall. Whatever activity you, the other volunteer and the member want to do together that can be done safely in the time allowed is fine.

## **When do the Outings take place?**

During the week or at weekends, any time in the day or evening. The families are contacted three times a year and asked to place on a calendar the dates and times the member will be available for an Outing in the coming three months. K&K will then send out an e-mail to let volunteers know which members would like an Outing and when they are available to go.

Once you decide on a date/s that you are free, call or e-mail K&K to ask them to place your name on the chart for an Outing with the member you would like to support. At least one of the volunteers must have worked with the member before (don't worry if you're not sure whether the other volunteer has - once you contact K&K they'll be able to tell you).

You can do as many or as few Outings as you like – you'll find the more Outings you do, the more confident and relaxed you'll feel about it and the more you'll enjoy it.

## **How often do the Outings take place?**

We'd love each member on the chart to go on an Outing every three months. So the more volunteers who put their names down for Outings, the more members who get to go on one! You can do as many Outings as you like, with as many members as you like. If you feel most comfortable with a particular member, it's not a problem to choose to have Outings with that member each time, as long as the member is happy with that. Quite often it's the excited members who ask you when the next Outing will be!

## **How long are the Outings?**

That's up to you, the other volunteer and the member! The Outings fit in around everyone's busy lives and can last for just a couple of hours, a morning, an afternoon, an evening or even a whole day. The members will give an idea of the times they will be free as they place their names on the calendar and if you can spare that time, that's great. You'll be able to finalise details when you speak to the member or their family/carer.

## **Who pays for the Outing?**

Everyone pays for themselves. K&K are able to help out with transport costs if needed.

Remember that many London attractions provide a discount to people with disabilities and also their carer/"buddy", so it's always worth asking. Often the discount applies to one carer, so the two volunteers can always split the discount.

Nearly all Outings cost between £5 - £15 for the day, including food. Some are even free.

## **How is an Outing organised?**

K&K will provide all the contact details you need to get in touch with the other volunteer and the member. They will also provide a written profile of the member so that you have some background information, if you haven't worked with them before. It's then simply a matter of calling the other volunteer and discussing a time that suits you both before one of you then calls the member or the member's parents/carer to discuss times and what sort of Outing to do.

The member or their parents/carers may have a specific idea of what activity the member would like, or may look to you to think of a few options. If you're stuck for ideas, it's handy to look up a few "*What's Going On in London*" websites and to have a think about the member's personality and interests. It may take a call or two to bounce ideas off each other before you settle on one activity.

## **What happens on the day?**

Volunteers usually meet the member and their parent/carer at the member's house or at a nearby train/Tube station. As long as the volunteers, member and the member's parents/carer are happy with the meeting spot, it doesn't really matter where you meet up, as long as members always have at least two people with them at any time.

Once the group have met up, you can have a quick chat about what's planned and the arrangements for your return (the time you'll be coming back, where you'll meet, swapping mobile numbers etc.) The member or the member's parents/carer will fill you in on any particular care needs and provide you with any extra items the member will need (money, Freedom pass etc.) Then you can head off to enjoy your Outing!

## **What if something goes wrong?**

It may feel a little scary at first to be out in London on your own with just one other volunteer to help you support the member, but don't worry. K&K wouldn't let you do it if they thought it was risky or that you couldn't cope. Outings tend to go off without a hitch and everyone has a great time, but if you do feel concerned at any point, discuss it with the member and the other volunteer. Most problems, if they happen, can be sorted out this way. If you feel you need more help, simply call the member's parents/carer for assistance.

## **Who do I ask if I have any more questions?**

Just give anyone in the K&K Projects Team a call or e-mail them. They'd love to hear from you!

Telephone: 020 8801 7432

e-mail: [projects@kithandkids.org.uk](mailto:projects@kithandkids.org.uk)

The more Outings the merrier, so even if you want to try just one for now and see whether it's right for you, go right ahead! You'll have a great time – and it really does mean a lot to the members. They look forward to their Outings and make the most of their time out with friends.

Have fun!

***Just some of the Outings K&K members have been on:***

Lunch of bangers'n'mash and a frosty walk around Regent's Park

Bowling in Finsbury Park and lunch at a local café

Free jazz in the park (with a picnic) on a hot summer's day

Visit to the Borough Food Market and tour of the spooky London Bridge Museum

Christmas fair at Hyde Park and a walk along the festive (and free!) South Bank markets

Visit to the Doctor Who exhibition at Earl's Court and afternoon tea at a cake shop

Sports day at Finsbury Park and lunch at a local café

Chinese New Year parade in Trafalgar Square and a dim-sum lunch

A trip to the Natural History Museum

Seeing free bands play for St George's Day celebrations after lunch in Spaghetti House

A tourist bus ride around London's landmarks

A boat ride up the Thames in the summer sunshine

Enjoying the free acts in Covent Garden and walking along the river

A DLR ride to Canary Wharf, lunch in All Bar One and ice-skating on the rink

A game of football in the park and mezze lunch at a Lebanese café

A few beers in the pub and a good gossip

**The list is endless – the world is your oyster!**

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