

Activities and Events January to June 2012

Join in with the fun!

Our big trips for 2012...



February

March

April



And we're also going to the
London 2012 Paralympic Games!

www.optua.org.uk



Hello and welcome to our latest booklet of all the Optua Leisure activities and events planned until June 2012.

It's been a tough time for charities like us recently with money and funding difficult to come by, but we're proud of the variety of events and opportunities we can offer you.

We are always happy to receive your ideas comments and suggestions so please do get in touch and tell us what you think.

2012 sees the Olympic and Paralympic Games taking place and we will be doing all we can to make sure you get the chance to be involved in lots of exciting ways. In 2012 we are:

- Organising a Showcase Day in Lowestoft in March to bring lots of local clubs together so you can try new sports and activities
- Running our Share event in April with a 2012 theme.
- Organising the RHS Optua Games event in June with a 2012 theme
- Enabling you to be part of the Torch Relay events across Suffolk in July
- Running trips to the Paralympics in September
- Holding a special event to celebrate the Paralympic Flame.

Make sure you keep up to date by liking our page on Facebook, by following us on Twitter and visiting our website.



We need you!



We couldn't run all our trips and activities without the great support of our volunteers and staff. We are always looking for more people to join in and help and we rely on fundraising activities to raise extra money.

2011 was Optua's 30th anniversary and staff and volunteers took part in a challenge to raise as much money as they could for Optua Leisure. We had fantastic success and raised over £3,000!

- Graeme Anderson raised £500 organising a rugby tournament
- Several members of the leisure team helped to raised over £1,000 by abseiling down Ipswich Hospital's maternity block
- People we support in Lowestoft raised £240 from a sponsored walk
- The mother of someone supported by Optua Leisure organised a talk by ocean rower Olly Hicks and raised over £1,400.



What could you do?

If you'd like to get involved please call us on 01473 836770. We're always happy to speak to you! Here are some fundraising ideas:

- Get sponsored to do something fun or exciting
- Hold a coffee morning with friends or at work
- Recommend us to anyone else who is looking for a charity to do some fundraising for?

If you would like to join in or if you know of any keen fundraisers please contact Natalie in the Optua Leisure office on 01473 836770, or email leisure@optua.org.uk .

Thank you! - David Finn, Leisure Services Manager.

New fantastic fun trips for 2012!

All trips include transport by accessible coach or minibus, with pick up points in Ipswich, Stowmarket and Bury St Edmunds.

Wednesday 1st February - Wizard of Oz in London at 2.30pm.



We're off to see the wizard! In this fantastic Andrew Lloyd Webber show in London! £61 per person or 540 **LeisurePlus!** points, (£54).

Saturday 31st March - X Factor Live Tour at the O2 Arena at 2.30pm.



Featuring all the stars from the TV show! £78 per person or 700 **LeisurePlus!** points, (£70).

Friday 27th April - Thank You for the Music. A celebration of the music of Abba and the Bee Gees at Cambridge Corn Exchange at 7.30pm.



£39 per person or 350 **LeisurePlus!** points, (£35).

At the end of May we'll be going to Wembley Stadium to watch England in one of their warm up matches before Euro 2012. The dates and costs will be available on our website later in 2012.

Ipswich Town home matches



We'll be going to the following Ipswich Town home matches in 2012:

Tuesday 31st January - Ipswich V West Ham, 7.45pm kick off.
Tickets are £20.

Saturday 18th February - Ipswich V Cardiff, 3pm kick off.
Tickets are £18.

Tuesday 20th March - Ipswich V Burnley, 7.45pm kick off.
Tickets are £18.

Tuesday 17th April - Ipswich V Birmingham, 7.45pm kick off.
Tickets are £18.

Your carer will get a free ticket! If needed we can also provide transport as follows:

Stowmarket - £8 or 70  points (£7).

Needham Market - £7 or 60  points (£6).

Claydon - £6 or 50  points (£5).

You can download the booking forms for Ipswich Town Matches or our Day Trips from our website at www.optua.org.uk/documents.asp

Or please call us on 01473 836770 to ask for a booking form or for more information about booking your place.

We're going to the 2012 London Paralympics!



We have tickets to the 2012 Paralympic Games in London!

We have tickets for four different days to visit the ExCel Centre and Olympic Park to watch a wide range of sports:

Friday 31st August - Athletics and Olympic Park day pass (various athletics events, football, goalball, wheelchair basketball). The cost is £20 plus train travel from Stowmarket or Ipswich.

Sunday 2nd September - Athletics and Olympic Park day pass, (various athletics events, football, goalball, wheelchair basketball, wheelchair tennis). The cost is £20 plus train travel from Stowmarket or Ipswich.

Tuesday 4th September - ExCel Centre day pass (boccia, sitting volleyball, wheelchair fencing, powerlifting). The cost is £20 plus train travel from Stowmarket or Ipswich.

Thursday 6th September - Athletics day pass and swimming at the Aquatic Centre in the evening. The cost is £30 plus train travel from Stowmarket or Ipswich.

Registration forms and full details of ticket and train prices will be available on our website from April 2012.

All Leisure Plus members will be guaranteed a ticket if they want one.


Leisure Plus!

Activity Groups

Our popular Activity Groups meet regularly on Tuesdays in Needham Market Community Centre.

Sessions involve arts and crafts of all types as well as gentle exercise and guest demonstrations.

If you qualify for support from Adult and Community Services, you could ask for a direct payment to cover these costs by calling the county council's Enhanced Customer First Helpline on 08456 023 023.

Each session costs £15.75 and a 2-course cooked lunch with refreshments is £3. Session cost for Leisure Plus members is 140  points, (£14).

For more information about the Activity Groups please call Andrea Lewis on 01473 836770 or email andrea.lewis@optua.org.uk .

We are also looking for new volunteers to help out at the Activity Groups. Please contact us to talk about this if you are interested.



Showcase Day



Our 10th Showcase Day takes place on Saturday 24th March 2011 in Lowestoft at Water Lane Sportcentre

The day will be a fun and exciting day with a huge range of activities and sports to choose from.

The activities will include football, martial arts, boccia, swimming, cycling, archery, gymnastics, Zumba as well as music and theatre workshops.



Leisure Plus members can take part in the event for free. If you're not a member, the Showcase Day is just £5.

You can register for this event now to get your first choice of activities. Please register early as these days are really popular!



Suffolk Disability
Sport Academy

RHS Optua Games 2012

Register now for our annual fun sports event

Thursday 28th June 2012 at the Royal Hospital School in Holbrook from 10am to 3pm.

Compete in various 2012 themed games including races, relays and team games for a chance to win a trophy and medals!



Transport is available from Bury St Edmunds, Ipswich, Needham Market and Stowmarket for an extra fee.

You can either enter as an individual (£5) or as a team of up to 10 people (£25).



Leisure Plus members take part for free!

If you would like to enter a team or for more information please call 01473 836770 or you'll be able to download the forms you need from our website in the spring.

Regular clubs and activities

Stowmarket

Monday Club. Every Monday at Mid Suffolk Leisure Centre for a packed day of activities including sports, exercise class and swimming. Please call Karl Daniels for more information on 01473 836770.



Social nights at the Walnut Tree on the second Tuesday of each month from 6.30pm to 9.30pm. The cost is £2 subs plus money for food and drink. The dates are: 10th January, 14th February, 13th March, 10th April, 8th May, 12th June.

Cinema Club at the Regal Cinema on the third Tuesday of the month from 7pm to 9pm. The cost is £2 subs plus money for the cinema ticket and refreshments.



The dates are: 17th January, 21st February, 20th March, 17th April, 15th May, 19th June.

Stow-ability football sessions. Sessions start in April then every Friday 6pm to 7pm at Stowmarket Middle School. The cost is £3. Please call us for more information.



Regular clubs and activities

Lowestoft

There are many regular activities planned in the Lowestoft area this year.

Tuesday 10th January - Harvester Meal (near Tesco). The cost will be about £10.

Thursday 19th January - International dance at the King's Head in Bungay. The cost is £6.50.

Wednesday 1st February - Bowling at Richardson's Family Bowl in Lowestoft. The cost is £3 to bowl.

Friday 17th February - Music at Carlton Community Centre. The cost is £4 a ticket.



Thursday 1st March - A night at the musicals at the Fisher Theatre in Bungay. The ticket is £10.

Friday 9th March - Dreams Musical Show at the Seagull Theatre in Lowestoft. The ticket costs £6.50.

Monday 19th March - Horseriding then a drink at Pakefield Riding School then a local pub. The cost is £8.50 to ride and money for drinks.



There is a £2 subs charge for each of these as well as the cost of the activity. For new activities throughout the year call our Lowestoft Leisure Activities Co-ordinator Valerie Carroll on 01986 781279.

Regular clubs and activities

Ipswich

Snooker and pool sessions

Every Thursday, 1pm to 3pm at Riley's Snooker Centre in Ipswich. The cost is £6 per person. Staff and volunteer support is available. Contact Karl Daniels on 01473 836770 for more information.



Bowling at King Pin in Ipswich on the first Wednesday of the month from 6.30pm – 9.30pm. The cost is £2 subs plus money for bowling and refreshments. The dates are: 4th January, 1st February, 7th March, 4th April, 2nd May and 6th June.

Social night at the Punch & Judy pub on Cardinal Park in Ipswich on the third Monday of the month from 6.30pm to 9.30pm. The cost is £2 subs plus money for drinks.



The dates are: 16th January, 20th February, 19th March, 16th April, 21st May and 18th June.

There's also a DVD available of disability sport clubs and activities in the Ipswich area. To get a copy please call us on 01473 836770.



Regular clubs and activities

Haverhill

Social night on the 3rd Thursday of the month at the Harvester in Phoenix Road. From 6.45pm – 9.15pm. The cost is £2 subs plus money for food and drink. The dates are: 19th January, 16th February, 15th March, 19th April, 17th May and 21st June.

Felixstowe

Social night. Every second Wednesday of the month from 6.30pm – 9.30pm at the Owl and Pussycat. The cost is £2 subs plus money for drinks and food. The dates are: 11th January, 8th February, 14th March, 11th April, 9th May and 13th June.

Sudbury

Bowling at Strikes. Second Thursday of the month from 6.30pm to 9pm. The cost is £2 subs plus money for bowling and refreshments. The dates are: 12th January, 9th February, 8th March, 12th April, 10th May and 14th June.

Please contact us for more details about our regular leisure activities or any of our day trips on 01473 836770. Or you can email us at leisure@optua.org.uk .



Regular clubs and activities

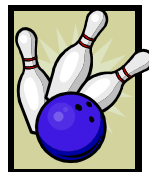
Bury St Edmunds

Cinema Club.

The cinema club meets on the first Tuesday of every month at 6pm. It's a chance for people to get together to watch a film at Cineworld. The Cinema ticket is currently £5.10. The dates are: 7th February, 6th March, 3rd April, 1st May, and 5th June.



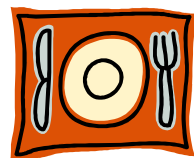
Social nights. These nights swap between bowling at Bury Bowl one month then Frankie and Benny's the next month. Each night is the first Thursday of the month from 7pm to 9.30pm. The cost is £2 subs plus money for bowling or food and drink.



The dates are:

Bury Bowl - 5th January, 1st March, 3rd May.

Frankie and Benny's - 2nd February, 5th April, 7th June. We meet outside Cineworld.



DVD of Disability Sport in Suffolk

Optua has a free DVD which showcases lots of different disability sport clubs and opportunities which exist across Suffolk.

To get your copy please call us on 01473 836770.



Teaming Up to have fun

Our Teaming Up project involves a range of activities for young disabled people aged 14 to 25.



Teaming Up gives young disabled people more independence, confidence, self esteem and vital social skills, whilst taking part in everyday fun leisure activities. It's a great way of doing new things and making new friends. All the activities are supported by Optua Leisure staff and volunteers.

The programme also introduces people to community leisure activities and can provide a valuable respite break for family carers.



Teaming Up includes evening clubs for 18 to 25 year olds and holiday activities for 14-25 year olds and there will be other activities throughout the year across Suffolk.

For more details about Teaming Up sessions in 2012, please contact Karl Daniels on 01473 836770 or email tup@optua.org.uk .



Teaming Up is funded by Suffolk County Council's Activities Unlimited project.



Suffolk Disability Sport Academy



Suffolk Disability
Sport Academy

Optua's Suffolk Disability Sport Academy project aims to encourage more disabled people to take up sport. 2012 is finally here and the Paralympic Games coming to London provides a great opportunity for disabled people across Suffolk to get involved in local sport and volunteering!

We're working to provide opportunities for people to try disability sport, create new clubs and regular activities and aim to improve the sport and leisure facilities available.

Graeme Anderson is the Disability Sport Academy and Big Splash Co-ordinator. To contact him please call 01473 836770 or email sdsa@optua.org.uk



There are many regular disability sport opportunities in Suffolk including athletics, sailing, wheelchair football, wheelchair basketball, powerlifting, boccia, swimming, football, horse-riding, table tennis and many more.

For full details please contact us on 01473 836770, email sdsa@optua.org.uk or go to www.beyourbest.org.uk

There is a full guide to disability sport opportunities in Suffolk available on our website or from the Optua Leisure Office.

We also run a Disability Sport Bursary Scheme which can help with the cost of getting a disability sport coaching qualification so please contact us or check out our website if you're interested in this.



Big Splash swimming sessions



Big Splash supported swimming sessions for people with disabilities or long term illnesses run across Suffolk every week in the following locations:

Sudbury - Mondays, 11am - 12noon at the Kingfisher Pool

Stowmarket - Mondays, 3pm - 4pm at Mid Suffolk Leisure Centre

Haverhill Leisure Centre - Tuesdays, 11am - 12noon

Newmarket Leisure Centre - Tuesdays, 2pm - 3pm

Leiston Leisure Centre - Wednesdays, 3pm - 4pm

Ipswich Crown Pools - Thursdays, 10am - 11.30am

Mildenhall Swimming Pool - Thursdays, 1.30pm - 2.30pm

Woodbridge - Thursdays, 3pm to 4pm at Deben Pool.

Bury St Edmunds Leisure Centre - Fridays, 10am - 12noon

(New for 2012) Lowestoft Water Lane Sportcentre - Fridays, 1pm to 2pm.

Bungay Swimming Pool - Sundays, 6pm - 7pm.

Felixstowe Leisure Centre - Please call for details

Please contact the swimming pool or leisure centre for more details about each session or contact Graeme Anderson.



There are volunteers at all sessions but if you need support with personal care you will need to bring someone with you.

Your carer swims for free!

Share celebrates 2012!

Optua's next Share day is being held on Saturday 21st April 2012.

The theme will be Share Celebrates 2012 so all our fun arts workshops will have a 2012 theme - celebrating the Olympic and Paralympic Games coming to London and also the Queen's Diamond Jubilee.

More details about Share Celebrates 2012 will be available soon so please check www.optua.org.uk for updates.

You can also call us on 01473 836777 or email share@optua.org.uk for more information.



Flexible community support to make a difference to your life

Optua Support Services provides a range of flexible community-based support services for people with physical, learning and sensory disabilities.

We also have experience in providing specialised support for people with an acquired brain injury.

Optua has been providing services for disabled people in Suffolk for many years and has a positive and creative approach to supporting people to have as much independence, control and choice as possible in their lives.

As well as supporting people to live at home independently, whether in their own home or in supported housing, we also provide 'community support' to enable people to get out and about taking part in leisure and social activities or day to day activities like shopping and visiting the bank.

Please call 01473 836720 or email css@optua.org.uk for more information.



How do I join in the fun?

Optua Leisure is open to anyone who has a physical, sensory and/or learning disability.

You can register for free and we will keep you up to date on all of our activities and events. We'll also send you Optua's regular 'News and Views' newsletter. If you would like a registration pack please contact us:

Optua Leisure, Optua House, Hill View Business Park
Old Ipswich Road, Claydon, Suffolk, IP6 0AJ

Telephone: 01473 836770

Fax: 01473 836778

Textphone: 01473 836779

Email: leisure@optua.org.uk

If you would like this leaflet in an alternative format please call 01473 836770 or email leisure@optua.org.uk



Don't forget to follow us on Facebook, Twitter or visit our website at www.optua.org.uk.

Whilst every effort is made to ensure the details in this booklet are correct, we'd advise you to check before travelling to any activity.

Optua is part of the Avenues Trust Group. Optua is registered in England and Wales as Optua (East Anglia), Number 3326442 Registered Charity Number 1061241.