

Teaming Up with Optua Leisure



**Leisure, sport and social
activities for 14-25 year-olds with
disabilities or additional needs**

Optua
Leisure

**ACTIVITIES
UNLIMITED**

www.optua.org.uk

What is Teaming Up?

Teaming Up is a programme of fun activities for young disabled people.

Teaming Up runs evening activities across Suffolk for 18 to 25 year olds and holiday daytime activities for 14 to 21 year olds in Bury St Edmunds, Ipswich and Lowestoft. It's being run by Optua Leisure and supported by Suffolk County Council's Activities Unlimited project.

Teaming Up aims to give young disabled people the opportunity to gain more independence, confidence, self esteem and vital social skills whilst taking part in everyday fun leisure activities.

Teaming Up is a great way of experiencing new things and making new friends. All activities are supported by Optua Leisure staff and volunteer helpers. Teaming Up can also help to introduce you to local places like swimming pools and leisure centres you might like to carry on visiting once you see what they have to offer.

When and where

Teaming Up evening sessions for 18-25 year olds will be run across Suffolk as follows:

- Lowestoft 2011 – Mondays from 4th April until 27th June
- Ipswich 2011 – Tuesdays from 5th April until 7th June
- Bury St Edmunds 2011 – Tuesdays from 12th April until 14th June
- Haverhill 2011 – Mondays from 20th June until 22nd August
- Sudbury 2011 – Mondays from 5th September until 7th November
- Stowmarket 2012 – Wednesdays from 18th January until 21st March.



The evening activities will include things like bowling, going to the cinema, swimming, meals out and visits to places of interest. If you take part you'll also be able to suggest your own ideas and suggestions of activities to try.



After the ten week programmes in Lowestoft, Ipswich and Bury St Edmunds, Teaming Up will be running fortnightly sessions:

- Lowestoft – Mondays from 11th July 2011 until 26th March 2012
- Ipswich – Tuesdays from 21st June 2011 until 20th March 2012
- Bury St Edmunds – Tuesdays from 28th June 2011 until 27th March 2012.

Teaming Up Holiday activities (14 to 21 year olds)

Teaming Up Holiday daytime activities will run during school holidays in Ipswich, Lowestoft and Bury St Edmunds for young people aged 14-21.

Previous holiday activities during 2010/2011 have included bowling, cycling, archery, multi-sport days, train journeys and days out, trampolining, gymnastics and visits to zoos, farms and other places of interest.

The activities will be taking place on the following dates:

Ipswich

Easter Holidays 2011 - Monday 11th April and Monday 18th April

Summer Holidays 2011 - Monday 25th July, Monday 1st August, Monday 8th August, Monday 15th August

October Half Term 2011 - Monday 24th October

February Half Term 2012 - Monday 13th February 2012.

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Lowestoft

Easter Holidays 2011 - Tuesday 12th and Tuesday 19th April

Summer Holidays 2011 - Tuesday 26th July, Tuesday 2nd August, Tuesday 9th August and Tuesday 16th August

October Half Term 2011 - Tuesday 25th October

February Half Term 2012 - Tuesday 14th February.

Bury St Edmunds

Easter Holidays 2011 - Wednesday 13th and Wednesday 20th April

Summer Holidays 2011 - Wednesday 27th July, Wednesday 3rd August, Wednesday 10th August and Wednesday 17th August.

October Half Term 2011 - Wednesday 26th October

February Half Term 2012 - Wednesday 15th February.

For more information please contact :

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