

## ***Big Day Out Picnic Toolkit***



Contact a Family is the leading UK charity supporting families with disabled children regardless of the disability or condition. This year we are celebrating our 30th anniversary. As part of our birthday celebrations the *Big Day Out* will encourage and facilitate families with disabled children to get out and about and enjoy play and leisure together throughout the month of August.

Our latest research shows that the opportunity to enjoy play and leisure together for families with disabled children is poor or unsatisfactory. The *Big Day Out* hopes to change that and we would like to see as many families outdoors and taking part in a picnic together, visiting a local attraction, going to the beach or nearby beauty spot or popping along to your nearest cinema.

This toolkit includes hints and tips to organise your *Big Day Out Picnic* – a simple and inexpensive way of enjoying play and leisure time together as a family. The toolkit also includes games ideas for children and adults to enjoy during your *Big Day Out Picnic*, delicious recipe ideas and suggestions for covering your costs and fundraising for Contact a Family.

Don't forget to take a picture of your *Big Day Out Picnic* and send it to Contact a Family for inclusion in our parent magazine, Connected. Please e-mail to [library.team@cafamily.org.uk](mailto:library.team@cafamily.org.uk)

## **Organising your *Big Day Out Picnic***

What to do:

- Decide where to go – park, playground, beach, wood, countryside
- Invite your friends and family via word of mouth or e-mail
- Buy food and drink
- Ask everyone for a donation on the day to cover your costs and fundraise for Contact a Family.



### ***Big Day Out* essentials**

- Food and drink
- Games
- Paper plates and cups
- Napkins
- Sun screen and a hat in case of sunny weather
- Warm clothes and waterproofs in case of poor weather
- First aid kit
- Bin bags for your rubbish
- Contact a Family stickers, balloons and whistles to identify your *Big Day Out Picnic*.

To order some free Contact a Family stickers, balloons and whistles for your *Big Day Out Picnic* telephone Jen Brister on 020 7608 8756 or e-mail

[jen.brister@cafamily.org.uk](mailto:jen.brister@cafamily.org.uk)



### Games ideas

- Treasure hunt – buy wrapped sweets or chocolates which can be easily hidden. Hide the treasures around your *Big Day Out* party and give children clues as to where they may find them.
- Hot potato – get the children to sit in a circle. Play some music and get them to toss a bean bag or tennis ball to the person next to them. The child holding the bean bag or tennis ball when you turn off the music is out. The last one left in the circle wins.
- Arts and crafts
  - Make your own kite, decorate and fly it. You will need straws and paper and sticky tape for the kite and colouring crayons or pens, glitter and glue to decorate.
  - Draw your *Big Day Out Picnic*. Get children to draw a picture of families enjoying their *Big Day Out Picnic*. You will need paper, colouring crayons or pens.
- Face painting – nominate a face painter in the group and make everyone look colourful on your *Big Day Out Picnic*. You will need face paints.
- Rounders – you will need a bat and ball. Divide into two teams – one batting, one fielding and bowling - and mark out four bases. The batter has three attempts to hit the ball bowled by the bowler. Once the batter hits the ball they must run round the four bases. A rounder is scored when a member of the batting team gets past all four bases. The fielding team must try to get the batting side out by stumping the base or by catching the ball once batted.



### Recipe ideas

- Pasta – Cook fusilli or other pasta; rinse in cool water. Combine with fresh chopped tomatoes, cubed fresh mozzarella, chopped basil, olive oil, salt and pepper. (Good with olives, too.)
- Sandwiches
  - Toss cooked prawns with pesto: lots. Put on small rolls
  - Butter both halves of a sliced baguette. Layer with thinly sliced cured ham and lots of halved cornichons
  - Grill slices of halloumi cheese. Place in pitta bread with tomatoes, cucumber and a dash of olive oil. (Good with olives, too.)
- Salads
  - Marinate firm goat or feta cheese in olive oil, with rosemary, garlic, lemon zest, red and black pepper.
  - Rinse a tin of cannellini beans and mix with chopped red onion, parsley, red pepper and lemon juice.
- Vegetables
  - Brown fresh corn kernels in hot oil with chopped chilli and garlic, salt and pepper. Remove from heat and toss with coriander and lots of lime juice.
  - Cut courgette into big chunks and roast or grill with olive oil (and, if you like, whole garlic cloves). Combine with chopped tomatoes, lemon juice, dill, salt and pepper.

## **Fundraising tips**

- Approach your local supermarket/shop to ask if they would donate some food and drink for your *Big Day Out Picnic*
- Ask people you have invited for a donation towards the cost of your *Big Day Out Picnic*. If there is any money left over you can make a donation to Contact a Family. We will ensure that every penny you raise helps make a real difference to families with disabled children.
- You could ask all the people you have invited for a donation fee towards the events and activities planned at your *Big Day Out Picnic*.
- If you want to organise fundraising activities please contact the fundraising department for more ideas and guidance on fundraising regulations (especially important if you're thinking of organising a raffle). Telephone 020 7608 8733 or e-mail [fr.team@cafamily.org.uk](mailto:fr.team@cafamily.org.uk)

## **Health and Safety**

Please make sure that everyone at your event is safe. Use common sense when it comes to health and safety and follow the professional advice of the staff supervising any facilities you use. If you have any doubts about health and safety then contact Contact a Family. Food hygiene is vitally important so please take great care and work to basic rules for safe preparation, storage, display and cooking of food. Contact a Family cannot accept any responsibility for any loss or damage from your *Big Day Out Picnic*. Contact a Family's insurance does not cover property nor does it cover your personal liability for any injury suffered by yourself or anyone else as a result of taking part in the *Big Day Out Picnic*.

## **A different *Big Day Out***

If you would like any advice or ideas about organising a *Big Day Out* that doesn't involve a picnic, please get in touch with Contact a Family and can support you in organising your own *Big Day Out*. E-mail

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