

Out & About News Issue 5

Friday 12th December 2025

Dear Customers and Families of Out & About,

Thank you for emailing your preferences for activities in January.

Update for January and ensuring you get the activity of your choice

We will be adding your names to the January activities and confirming your choice by email next week. For the third month, customers will continue to get the activities of their choice.

Changes at Out and About

You will have noticed some minor changes to the Out and About emails for the activities. The new system seems to be working well for everyone, and we will continue to send these a couple of days ahead of each activity. If we do it any further in advance, it is likely we will have to recall them and re-issue new plans to take account of last moment changes eg illness.

Weekend away (midweek 29th – 31st December)

We have a 3-day, 2-night trip planned for six male customers involving a day of walking and scrambling around the Naval dockyard and museum in Portsmouth. There is one remaining space. If you are interested in this and want to find out more, please contact us as soon as possible.

New staff

We are growing! You will all have heard from Chris, who joined us in November. This month we are joined by Dominic and Patricia, new support workers that will be meeting you on activities as they shadow members of the Out and About Team. In January, we are joined by 3 more – more information to come.

Kind regards,

Patrick & Chris

OutandAbout@optalis.org
0118 977 8614



Don't forget to catch up on **Out and About News** on the Optalis website:

[Out and About Service | Optalis](#)

There are photographs and links to past copies of the Out and About News.