

April 2026

Out and About Programme

Important information

Please ask for our costings for 1:1 support for all activities - the costs published are for general support only.

Please note we have a cancellations policy – charges will be applied when cancelling a customer booking – please ask for a copy if you have not received it.

Please note costings will differ slightly for those living outside of Wokingham Borough due to additional mileage and staff time.

Please ask if you need this information in another format or language.

Contact Details

For booking requests, timings/activity related queries or cancellations –

outandabout@optalis.org

This email inbox is monitored by Patrick and Chris throughout the working day. If it is a same day cancellation or change after 4pm or at the weekend, please call the out of office contact number given on your activity email.

Out & About activities

April – Monthly Calendar

Date	Activity
Saturday 4 th April	Bowling Day with Lunch
Tuesday 7 th April	Easter Holiday Activity Day – Runnymede, Lunch and Swimming
Tuesday 7 th April	Evening Meal with Friends
Friday 10 th April	Bowling Evening
Friday 10 th April	Next Steps (Wokingham)
Saturday 11 th April	Day Trip to Aldershot Military Museum
Sunday 12 th April	Pamper Day with Lunch
Sunday 12 th April	Reading Rockets Basketball Match
Monday 13 th April	Evening Meal with Friends
Monday 13 th April	Cook and Learn
Tuesday 14 th April	Bowling Evening
Thursday 16 th April	Swimming Evening
Friday 17 th April	Pizza Making Evening
Friday 17 th April	Next Steps (Wokingham)
Saturday 18 th April	Pottery Painting with Lunch
Saturday 18 th April	Gym with Friends
Monday 20 th April	Benchball
Tuesday 21 st April	Evening Meal with Friends
Friday 24 th April	Arcade Evening
Friday 24 th April	Next Steps (Wokingham)
Saturday 25 th April	Breakfast with Friends
Saturday 25 th April	Cinema Day with Lunch
Sunday 26 th April	Day Trip to Beale Wildlife Park
Monday 27 th April	Evening Meal with Friends
Monday 27 th April	Painting with Julia
Tuesday 28 th April	Bowling Evening

Our regular weekly activities run alongside the above.

See page 13 for further details and register your interest in one of these.

Out & About activities

Bookable activities – Weekdays

Please contact us to book a space for any of the following activities:

Easter Holiday Activity – Runnymede, Lunch and Swimming



Join us for an active and fun day with Out and About during the Easter Holidays! We will start with a refreshing Runnymede walk up Cooper’s Hill to visit the War Memorial and take in the views. Afterwards, we will stop and enjoy some lunch before heading to Wokingham Leisure Centre for a swimming session. It’s the perfect mix of outdoor fresh air, food, and time in the pool!

Dates: Tuesday 7th April

Time: 10:00 – 15:00 approx. (transport times will be confirmed)

Cost: £73.42

Additional expenses:

The cost of the lunch is to be met directly by the customer, please bring cash or a bank card.

Evening Meal with Friends



Enjoy an evening of good food and great company at a local pub or restaurant. Our friendly staff will be on hand to offer support throughout the evening, and transport is included for your convenience. It’s a perfect way to unwind, socialise, and enjoy a delicious meal together.

Dates: Tuesday 7th April and Tuesday 21st April

Monday 13th April and Monday 27th April

Time: 18:30 – 20:00 session (transport times will be confirmed)

Cost: £28.46

Additional expenses:

The cost of the meal is to be met directly by the customer, please bring cash or a bank card.

Bowling Evening



Join us for a relaxed evening with two fun games of ten pin bowling at Wokingham Superbowl. Enjoy plenty of friendly encouragement as you spend time with friends. Admission, staff support, and our door-to-door transport service are included.

Dates: Friday 10th April, Tuesday 14th April and Tuesday 28th April

Time: 18:30 – 20:30 session (transport times will be confirmed)

Cost: £49.74

Additional expenses:

Please bring money if you wish to purchase snacks/refreshments in the bowling alley.

Cook and Learn at Matthewsgreen



Enjoy a relaxed and friendly evening learning simple cooking skills together. We will be on hand throughout the session to guide and assist as you take part in a hands-on cooking activity. It's a great opportunity to build confidence in the kitchen, try something new, and enjoy good company in a welcoming environment.

Dates: Monday 13th April

Time: 18:30 – 20:00 session (transport times will be confirmed)

Cost: £48.67

Additional expenses:

The cost of the meal is to be met directly by the customer, please bring cash or a bank card.

Next Steps Disco at St Paul's Parish Rooms



Join us for a lively Friday night disco filled with music, dancing, and fun. Our friendly team will provide support throughout the evening, making sure everyone has a great time. Transport is available to help you get there and back with ease. Refreshments are available to purchase.

Dates:	Friday 10 th April, Friday 17 th April and Friday 24 th April
Time:	19:00 – 21:00 (transport times will be confirmed)
Cost:	£31.25
Additional expenses:	£6 entry fee and money for refreshments
Packed lunch and refreshments required:	No

Swimming Evening



Join us for a fun and relaxed swimming evening at Wokingham Leisure Centre. Practice your swimming strokes, splash around, or just enjoy the water. This is an open session with minimal or no lanes, so you can swim at your own pace. We provide entry, support, and return transport. Swimming is a fantastic way to exercise, socialise, and have fun!

Dates:	Thursday 16 th April
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£46.67
Additional expenses:	None

Pizza Making Evening at Woodley



Join us for an evening of food and chatter at Woodley Day Services as we will be making our own pizzas. We will supply pizza bases and ingredients. There will be a range of toppings for people to choose their favourites and perhaps try something new. It's a real social event full of fun, laughter and food.

Dates:	Friday 17 th April
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£41.24
Additional expenses:	None

Benchball at Matthewsgreen



Who would like to join our growing Benchball team? Benchball is like netball but played without posts or nets. It's a non-contact game that's easy to pick up and great fun to play. We will practise some skills and then play a short match together. Everyone can join in at their own pace, whether you've played before or are trying it for the first time.

Dates:	Monday 20 th April
Time:	18:45 – 20:15 session (transport times to be confirmed)
Cost:	£36.46
Additional expenses:	None

Arcade Evening



Experience an evening of arcade fun at High Score Arcades Bracknell with over 80 classic and modern games, all set to free play for a full hour. Race, shoot, dodge and conquer everything from retro favourites to the latest hits while challenging friends or trying to beat your own best score. We provide entry, support, and return transport.

Dates: Friday 24th April

Time: 18:45 – 20:15 session (transport times will be confirmed)

Cost: £43.75

Additional expenses:

Please bring card if you wish to purchase a drink in the arcade.

Art with Julia at Matthewsgreen



Spend an evening painting with Julia, a local artist who has been running successful art classes in Wokingham for many years. Julia has partnered with the Wokingham Art Trail and works with people of all abilities. All materials will be provided, and you will take home your finished piece.

Dates: Monday 27th April

Time: 18:30 – 20:30 session (transport times will be confirmed)

Cost: £73.67

Additional expenses:

None

Out & About activities

Bookable activities – Weekends

Please contact us to book a space for any of the following activities:

Bowling Day with Lunch



Enjoy a morning full of fun with two lively games of bowling. After the games, we will go to a local restaurant or pub and relax together over a delicious lunch and a drink. It's the perfect way to spend time with friends and have some friendly competition.

Dates: Saturday 4th April

Time: 10:30 – 14:30 approx. (transport times will be confirmed)

Cost: £66.42

Additional expenses: The cost of the meal is to be met directly by the customer, please bring cash or a bank card.

Day Trip to Aldershot Military Museum



Enjoy a trip to the Aldershot Military Museum, where you can explore fascinating exhibits on the history of the British Army, view historic military artifacts, and discover the stories of soldiers past and present. Wander through engaging displays and learn about military life. Cost includes admission, return transport, and group support.

Dates: Saturday 11th April

Time: 10:30 – 14:30 approx. (transport times will be confirmed)

Cost: £75.42

Additional expenses: Please provide any spending money

Packed lunch and refreshments required: Please provide a packed lunch

Pamper Day with Lunch at Acorn



Come to our Pamper Day with Naomi, for a relaxing time. Soak your tired feet in the foot spa and indulge in a manicure or hand massage. Naomi is trained in chair massage which includes head, neck and shoulders, aromatherapy oils, crystals and atmospheric music. Feel free to bring along any face masks, make up products or moisturisers for Naomi to help you apply. Lunch and refreshments are included.

Dates: Sunday 12th April

Time: 10:00 – 15:00 session (transport times will be confirmed)

Cost: £64.92

Additional expenses: None

Packed lunch and refreshments required: No

Reading Rockets Basketball Match



Enjoy an exciting Sunday watching Reading Rockets battle the Milton Keynes Breakers in a live basketball match, full of fast breaks, big shots and high-energy action. Feel the buzz of the crowd and soak up the atmosphere courtside as the teams go head-to-head in this League fixture. It's a fun way to take in some great sport, with entry, support and transport included.

Dates: Sunday 12th April

Time: Match starts at 16:00 (transport times will be confirmed)

Cost: £47.25

Additional expenses: None

Packed lunch and refreshments required: Drink and a snack

Pottery Painting with Lunch



Join us at a local garden centre for a perfect day of relaxation and creativity. We will start the day with a drink and a pottery painting session. Customers will choose an item to buy for the pottery session (pottery items approx. £20-30 depending on preference, cost to be met by customer). After that, we will have lunch together before exploring the garden centre at our own pace to round off the day.

Dates: Saturday 18th April

Time: 10:30 – 14:30 approx. (transport times will be confirmed)

Cost: £53.50

Additional expenses:

Please bring money for buying a drink, buying lunch and buying a pottery item to paint.

Gym with Friends



Join us for an active Saturday morning gym session with friends. It is a great introduction to the gym environment, whether you're a beginner or already feel comfortable exercising. You can enjoy cardio machines, strength training, or working out at your own pace together. We provide gym entry, group support during the session, and return transport.

Dates: Saturday 18th April

Time: 10:00 – 12:00 approx. (transport times will be confirmed)

Cost: £51.52

Additional expenses:

The cost of the meal is to be met directly by the customer, please bring cash or a bank card.

Packed lunch and refreshments required: No

Breakfast with Friends



Start your day with a relaxed breakfast buffet at Toby Carvery where you and your friends can choose from a wide range of classic morning favourites. It's an easy, tasty way to begin the weekend together with transport and support included.

Dates: Saturday 25th April

Time: 09:45 – 11:15 session (transport times will be confirmed)

Cost: £28.46

Additional expenses: The cost of the meal is to be met directly by the customer, please bring cash or a bank card.

Packed lunch and refreshments required: No

Cinema Day with Lunch



Join us at the Showcase Cinema for a morning screening of a film selected the week of the event, as cinemas don't allow advance booking. If the attendee has already seen the chosen film, please note that standard cancellation fees still apply. After the screening, we'll enjoy a relaxed lunch together. A perfect way to spend a Saturday!

Dates: Saturday 25th April

Time: 10:30 – 14:30 approx. (transport times will be confirmed)

Cost: £54.31

Additional expenses: The cost of the meal is to be met directly by the customer, please bring cash or a bank card.

Day Trip to Beale Wildlife Park



Enjoy a day at Beale Park Wildlife Park, where you can explore gardens, meet exotic and farm animals, and enjoy interactive exhibits. Stroll scenic paths, learn about wildlife, and enjoy the riverside setting. Cost includes admission, return transport, and group support.

Dates: Sunday 26th April

Time: 10:00 – 15:00 approx. (transport times will be confirmed)

Cost: £91.92

Additional expenses: Please provide any spending money

Packed lunch and refreshments required: Please provide a packed lunch

Our regular weekly activities

Please contact us to register your interest in a space for the following:

Dance with Ali at Matthewsgreen



Join Ali, a qualified instructor, for a dancing session specially designed for people with learning disabilities. Learn some of your favourite “Strictly” dance steps in a fun, easy-to-follow class with no partner needed. It’s a lively, social way to have fun, tone up, and feel great!

Dates: Monday 13th April, Monday 20th April and Monday 27th April

Time: 18:45 – 19:45 (transport times will be confirmed)

Cost: £41.46

Additional expenses: None

Next Steps Disco at Earley Home Guard Social Club



Join us for a lively Thursday night disco filled with music, dancing, and fun. Our friendly team will provide support throughout the evening, making sure everyone has a great time. Transport is available to help you get there and back with ease. Refreshments are available to purchase.

Dates: Thursday 2nd April, Thursday 9th April, Thursday 23rd April and Thursday 30th April

Time: 19:00 – 21:00 (transport times will be confirmed)

Cost: £31.25

Additional expenses: £6 entry fee and money for refreshments required