

August 2026

Out and About Programme

Contact Details

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

outandabout@optalis.org

This email inbox is monitored 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.

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. The following charges apply when a customer booking is cancelled:

Time of cancellation	Fee incurred
15+ working days' notice	No charge
10-14 working days' notice	25% charge
5-9 working days' notice	50% charge
Less than 5 working days' notice	100% charge

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.

Monthly Calendar

Date	Activity
Saturday 1 st August	Gym with Friends
Sunday 2 nd August	Cinema Sunday and lunch
Friday 7 th August	Pizza Making
Saturday 8 th August	Pottery & Lunch
Sunday 9 th August	Sunday Swim & Lunch
Tuesday 11 th August	Evening Meal with Friends
Friday 14 th August	Bowling Evening
Saturday 15 th August	Cinema & Lunch
Monday 17 th August	Evening Meal with Friends
Thursday 20 th August	Bowling Evening
Saturday 22 nd August	We Will Rock You – Queen at The Theatre Royal, Windsor
Friday 21 st August	Arcade Evening
Tuesday 25 th August	Evening Meal with Friends
Saturday 29 th August	Bowling & Lunch
Sunday 30 th August	Swallowfield Show
At the time of publishing, we are not able to confirm any of the usual following activities. We will contact you in the coming weeks if we can.	
To be Confirmed	Benchball
To be confirmed	Art with Julia
To be confirmed	Next Steps Friday (Wokingham)
To be confirmed	Cook and Learn

Out & About activities

Our regular weekly activities run alongside the above.

See page 3 for further details and register your interest in one of these.

Our regular weekly activities

We currently have a few weekly spaces for the following activities.

Please contact us to register your interest in a weekly space:

Dance with Ali at Matthewsgreen – Register your interest



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 evenings NOTE: no session on Bank Holiday 31.8.26
Time:	18:45 – 19:45 (transport times will be confirmed)
Cost:	£46.44
Additional expenses:	None

Next Steps Disco at Earley Social Club – Immediate spaces available



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 evenings (except third Thursday of the month)
Time:	19:00 – 21:00 (transport times will be confirmed)
Cost:	£37.80
Additional expenses:	£6 entry fee and money for refreshments required

Bookable activities – Weekdays

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

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: Monday 17th August
Tuesday 11th August & Tuesday 25th August

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

Cost: £32.40

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 14th August; Thursday 20th August

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

Cost: £54.00

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

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:	TBC dependent on availability of venue
Time:	18:45 – 20:15 session (transport times to be confirmed)
Cost:	£41.54
Additional expenses:	None

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 TBC dependent on availability of staff
Time:	19:00 – 21:00 (transport times will be confirmed)
Cost:	£37.80
Additional expenses:	£6 entry fee and money for refreshments

Art with Julia at Matthewsgreen



Spend an evening being creative 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:	TBC dependent on availability of venue
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£81.00
Additional expenses:	None

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. After preparing and cooking the food, we will enjoy eating our meal together. It's a great opportunity to build confidence in the kitchen, try something new, and enjoy good company in a welcoming environment.

Dates:	TBC dependent on availability of venue
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£56.16
Additional expenses / notes:	No expenses but please bring an apron

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 7th August
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£46.44
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 21 st August
Time:	18:45 – 20:15 session (transport times will be confirmed)
Cost:	£49.68
Additional expenses:	Please bring card if you wish to purchase a drink in the arcade.

Out & About activities

Bookable activities – Weekends

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

Bowling 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. Bowling admission, group support and return transport is included.

Dates: Saturday 29th August

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

Cost: £75.60

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

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. £10-30 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 8th August

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

Cost: £64.80

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

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 Sunday!

Dates: Sunday 2nd August and Saturday 15th August

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

Cost: £69.12

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

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 1st August

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

Cost: £57.24

Additional expenses: None

Packed lunch and refreshments required: Bring a drink to the session

Sunday Swimming & Lunch



Join us for a fun and relaxed Sunday swim 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. Following the swim we will go somewhere local for lunch.

Dates: Sunday 9th August

Time: 09.30 – 15.30 session (transport times will be confirmed)

Cost: £70.82

Additional expenses:

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

Musical – We Will Rock You! at the Theatre Royal Windsor



Theatre Royal Windsor says:

*We are thrilled to announce our most electrifying summer project yet: **WE WILL ROCK YOU – THE MUSICAL**, featuring the iconic music of Queen.*

It is a 2.30pm performance so we would suggest having lunch before you are collected. Owing to the length of the performance, we suggest bringing a snack for the interval and we will have you back home for supper.

We will provide admission, group support, and return transport.

Dates: Saturday 22nd August – **14.30 Matinee performance**

Time: 12:30 – 20.00 approx. (transport times will be confirmed)

Cost: £113.31

Additional expenses:

Please bring a card or cash for refreshments

A day at the Swallowfield Show



Enjoy a day at The Swallowfield Show! This is a renowned 2-day local event, and we will be there on the opening day. There is something for everyone here from foods, crafts, animals, vehicles and spectacular shows. We will provide transport to and from Swallowfield, admission costs and group support. A BRILLIANT day out!

Dates:	Sunday 30 th August
Time:	10:00 – 16:00 approx. (transport times will be confirmed)
Cost:	£86.26

Additional expenses: Please bring a hat as we will be outside. Also bring a bank card or cash to buy lunch and drinks at the show.