

February 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 client booking – please ask for a copy if you have not received it. Illness cover can be requested at the time of booking for an additional 10% of the cost of each activity.

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 on-call out of office contact number given on your activity email.

February – Monthly Calendar

Date	Activity
Monday 2 nd February	Evening Meal with Friends
Tuesday 3 rd February	Bowling Evening
Wednesday 4 th February	Curry with Friends
Friday 6 th February	Arcade Evening
Saturday 7 th February	Cinema Day with Lunch
Sunday 8 th February	Valentine's Craft Day
Sunday 8 th February	Live Sport - Reading Rockets Basketball Match
Tuesday 10 th February	Evening Meal with Friends
Wednesday 11 th February	Bowling Evening
Friday 13 th February	Pizza Making
Saturday 14 th February	Fun Cooking
Saturday 14 th February	Breakfast with Friends
Sunday 15 th February	Bowling Day with Lunch
Monday 16 th February	Possible Half Term Day Trip 1 (see page 3 for details)
Monday 16 th February	Evening Meal with Friends
Tuesday 17 th February	February Activity Night
Tuesday 17 th February	Live Sport - Reading FC Football Match
Wednesday 18 th February	Benchball
Thursday 19 th February	Possible Half Term Day Trip 2 (see page 3 for details)
Friday 20 th February	Bowling Evening
Saturday 21 st February	Cinema Day with Lunch
Sunday 22 nd February	Trip to Winchester Science Centre & Planetarium
Tuesday 24 th February	Evening Meal with Friends
Tuesday 24 th February	February Bingo Evening
Wednesday 25 th February	Darts and Dinner
Friday 27 th February	Pizza Making
Saturday 28 th February	Breakfast with Friends
Saturday 28 th February	Fun Cooking

Our regular weekly activities run alongside the above.

See pages 13-14 for further details and register your interest in one of these.

Register your interest

Please contact us to register your interest in the following activity:

February Half Term Day Trips



We would like to run a couple of exciting day trips during February half term, with opportunities to explore, try new things, and enjoy a change of scenery.

These trips are planned to be a chance to spend quality time with friends, have fun together, and discover local attractions along the way. Approximate timings for the trips would be 10:00 – 15:00 and we may use public transport for these trips.

Please contact us to register your interest in either or both dates for a day trip. After we have initial interest numbers, we will then plan transport, staffing, locations and itineraries for the days.

After this, we will send out proposals for the trips, including cost, and you can decide whether you would like to book a space.

Dates: Monday 16th February and Thursday 19th February

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 2nd February and Monday 16th February

Tuesday 10th February and Tuesday 24th February

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 bowling. Enjoy plenty of friendly encouragement as you spend time with friends. Admission, staff support, and our door-to-door transport service are included.

Dates:

Tuesday 3rd February, Wednesday 11th February and Friday 20th February

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.

Curry with Friends



Enjoy a relaxed and enjoyable evening at a local Indian restaurant, where you can choose a tasty curry and share good food in great company. Our friendly staff will be on hand to offer support throughout the visit, and transport is included for your convenience. It's a lovely opportunity to get out, socialise, and enjoy a warm, flavourful meal together in a comfortable setting.

Dates: Wednesday 4th February

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.

Arcade Evening



Experience an evening of unlimited arcade fun at High Score Arcades Bracknell with over 80 classic and modern games in one action-packed session, 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.

Dates: Friday 6th February

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

Cost: £43.75

Additional expenses:

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

Packed lunch and refreshments required: None

Pizza Making Evening at Woodley



Join us for an evening of food and chatter 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, what more could you want!

Dates:	Friday 13 th February and Friday 27 th February
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£41.24
Additional expenses:	None
Packed lunch and refreshments required:	No

Activity Night at Acorn



Led by Naomi, the group enjoys a variety of activities including games, crafts, sports, art, simple cooking tasks, and more. Each session is full of fun and social interaction. A meal is provided as part of the evening. It's a great way to spend time with friends, try new things, and relax.

Dates:	Tuesday 17 th February
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£41.24
Additional expenses:	No additional expenses
Packed lunch and refreshments required:	No

Live Football Match – Reading FC v Bolton Wanderers



Whether you're a lifelong football fan or new to the game, join us to soak up the brilliant live atmosphere at a Reading FC home match.

We will be there to see them take on Bolton Wanderers, with our Out and About Team handling all the arrangements including transport. It's a great way to enjoy the excitement of live football together.

Dates: Tuesday 17th February

Time: Kick off at 20:00 (transport times will be confirmed)

Cost: £57.25

Additional expenses: None

Packed lunch and refreshments required: Drink and a snack

Bench Ball at Acorn



Who would like to join our growing Dodgeball Team? Benchball is a little like netball, without the posts and nets. It is non-contact and good fun.

We warm up, practise our skills and then have a short match. We finish with a snack (provided) in the cafe and a talk about the evening.

Dates: Wednesday 18th February

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

Cost: £36.46

Additional expenses: No additional expenses

Packed lunch and refreshments required: None

Bingo Evening at Acorn



Join us for a fun-filled Bingo night with friends. Play a game or two and try your luck at winning some great prizes. After the games, supper will be provided. Enjoy a relaxed, social evening full of laughter and friendly competition

Eyes down, who is ready?

Dates: Tuesday 24th February

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

Cost: £41.24

Additional expenses: No additional expenses

Packed lunch and refreshments required: No

Darts and Dinner



Enjoy a fun and interactive darts experience at a local venue with exciting games that keep everyone engaged.

Compete, relax and enjoy the friendly atmosphere before sitting down to some tasty food together as we enjoy a meal. It's a great way to mix light competition with good food and company.

Dates: Wednesday 25th February

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

Cost: £39.25

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

Bookable activities – Weekends

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

Cinema Day with Lunch



Join us 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 at a local pub or restaurant. A perfect way to spend your weekend!

Dates:	Saturday 7 th February and Saturday 21 st February
Time:	10:00 – 15:00 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.
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Valentine's Craft Day with Lunch at Acorn



Celebrate friendship and the season of love at our Valentine's Craft Day!

We will enjoy themed crafts, decorating sweet treats, fun activities, and a relaxed social atmosphere. Everyone will take home special creations to share with loved ones. Lunch will be provided.

Dates:	Sunday 8 th February
Time:	10:00 – 15:00 session (transport times will be confirmed)
Cost:	£64.92

Additional expenses:	None
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Packed lunch and refreshments required:	None
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Live Basketball Match – Reading Rockets v Essex Rebels



Enjoy an exciting Sunday watching Reading Rockets battle the Essex Rebels 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 spend time with friends and take in some great sport together.

Dates: Sunday 8th February

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

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 14th February and Saturday 28th February

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

Fun Cooking



Get your taste buds ready to go! The team will help you to cook lunch and then make something delicious to take home! Our price includes full support and transport with no additional charges for ingredients or materials.

Please let us know of any dietary requirements or allergies. All levels of abilities are welcome.

Dates: Saturday 14th February and Saturday 28th February

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

Cost: £64.92

Additional expenses: None

Packed lunch and refreshments required: No

Bowling Day with Lunch



Enjoy a day 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: Sunday 15th February

Time: 10:00 – 15:00 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 Winchester Science Centre & Planetarium



Enjoy an engaging day out at Winchester Science Centre exploring interactive science exhibits designed to spark curiosity and conversation. Settle in for a live Planetarium show and experience a presenter-led journey through space. It's a relaxed and inspiring way to spend time together while learning something new.

The cost includes admission to the centre, a live planetarium show ticket, return transport and support.

Dates: Sunday 22nd February

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

Cost: £79.44

Additional expenses: Please provide any spending money

Packed lunch and refreshments required: Please provide a packed lunch

Out & About activities

Our regular weekly activities

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

Dance at Acorn



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. Enjoy a healthy snack and a drink while you move, get fit, and improve your mobility. It’s a lively, social way to have fun, tone up, and feel great!

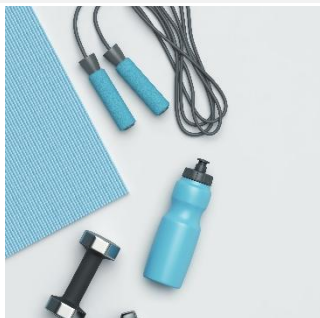
Dates: Every Monday evening

Time: 18:45 – 20:00 (transport times will be confirmed)

Cost: £41.46*

Additional expenses: The session cost includes **a drink and healthy snack**, no need to provide money.

Indoor Games at Acorn



Join our weekly Indoor Games session. Each session offers a mix of sport activities and fun indoor games that encourage movement and participation. Everyone can join in at their own pace while learning simple skills in a friendly, supportive setting. Come along to try new activities, build confidence, and enjoy being active together.

Dates: Every Thursday evening

Time: 18:45 – 19:45

Cost: £37.46*

Additional expenses: The session cost includes **a drink and healthy snack**, no need to provide money.

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. Drinks are available to purchase at the bar.

Dates: Thursday evenings (*does not run on third Thursday of the month*)

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

Cost: £31.25

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

Packed lunch and refreshments required: No