

# January 2026

## Out and About Programme

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### 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](mailto: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 the weekend, please call the on-call out of office contact number given on your activity email.

## January – Monthly Calendar

Date	Activity
Friday 2 <sup>nd</sup> January	Pizza Making
Saturday 3 <sup>rd</sup> January	Fun Cooking
Saturday 3 <sup>rd</sup> January	Bowling Day with Lunch
Sunday 4 <sup>th</sup> January	Day Trip to Milestones Living History Museum
Monday 5 <sup>th</sup> January	Evening Meal with Friends
Tuesday 6 <sup>th</sup> January	Bingo Evening
Friday 9 <sup>th</sup> January	Bowling Evening
Saturday 10 <sup>th</sup> January	Cinema Day with Lunch
Sunday 11 <sup>th</sup> January	Winter Craft Day
Tuesday 13 <sup>th</sup> January	Evening Meal with Friends
Tuesday 13 <sup>th</sup> January	Activity Night
Friday 16 <sup>th</sup> January	Pizza Making
Saturday 17 <sup>th</sup> January	Fun Cooking
Saturday 17 <sup>th</sup> January	Bowling Day with Lunch
Sunday 18 <sup>th</sup> January	Flower Arranging
Sunday 18 <sup>th</sup> January	Day Trip to Solent Sky Aviation Museum
Monday 19 <sup>th</sup> January	Evening Meal with Friends
Tuesday 20 <sup>th</sup> January	Bingo Evening
Friday 23 <sup>rd</sup> January	Bowling Evening
Saturday 24 <sup>th</sup> January	Cinema Day with Lunch
Sunday 25 <sup>th</sup> January	Pamper Day
Tuesday 27 <sup>th</sup> January	Evening Meal with Friends
Tuesday 27 <sup>th</sup> January	Activity Night
Wednesday 28 <sup>th</sup> January	Benchball
Friday 30 <sup>th</sup> January	Pizza Making
Saturday 31 <sup>st</sup> January	Fun Cooking
Saturday 31 <sup>st</sup> January	Bowling Day with Lunch

Our regular weekly activities run alongside the above.

See pages 10-11 for further details and register your interest in one of these.

# Out & About activities

## Bookable activities

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

### 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.

<b>Dates:</b>	Tuesday 13 <sup>th</sup> January and Tuesday 27 <sup>th</sup> January
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£41.24
<b>Additional expenses:</b>	No additional expenses
<b>Packed lunch and refreshments required:</b>	No

### Bingo Evening



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?

<b>Dates:</b>	Tuesday 6 <sup>th</sup> January and Tuesday 20 <sup>th</sup> January
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£41.24
<b>Additional expenses:</b>	No additional expenses
<b>Packed lunch and refreshments required:</b>	No

## Evening Meal with Friends



Enjoy a relaxed 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 5<sup>th</sup> January and Monday 19<sup>th</sup> January  
Tuesday 13<sup>th</sup> January and Tuesday 27<sup>th</sup> January  
**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.

**Packed lunch and refreshments required:** No

## Bench Ball



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 28<sup>th</sup> January  
**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

## 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!

One pizza per person – please bring a tub to take home what you do not eat.

**Dates:** Friday 2<sup>nd</sup> January, Friday 16<sup>th</sup> January and Friday 30<sup>th</sup> January

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

**Cost:** £41.24

**Additional expenses:** None

**Packed lunch and refreshments required:** No

## Bowling Evening



Join us for a relaxed Friday night 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:** Friday 9<sup>th</sup> January and Friday 23<sup>rd</sup> January

**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

**Packed lunch and refreshments required:** None

## Fun Cooking at Woodley



Get your taste buds ready to go!!! The classes are run by Lucy, our experienced staff member, who 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 3<sup>rd</sup> January, Saturday 17<sup>th</sup> January and Saturday 30<sup>th</sup> January

**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 Saturday full of fun with two lively games of bowling. After the games, we'll 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 3<sup>rd</sup> January, Saturday 17<sup>th</sup> January and Saturday 31<sup>st</sup> January

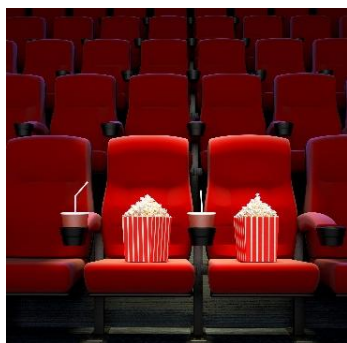
**Time:** 10:00 – 15:00 approx.

**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.



## Cinema Day with Lunch



Join us at the Showcase in Earley 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 10<sup>th</sup> January and Saturday 24<sup>th</sup> January  
**Time:** 10:00 – 15:00 approx.  
**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 Milestones Living History Museum



Immerse yourself in the past at Milestones, Hampshire's museum of living history. Explore the museum's streets, shops and buildings to discover how people used to live, buy a ration of sweets from our 1940s sweet shop, view our unique collection of vintage vehicles and have a go in our penny arcade!

Let's explore together. The cost includes admission to the museum, return transport and support.

**Dates:** Sunday 4<sup>th</sup> January  
**Time:** First pick up around 09:00, Last drop off around 16:00  
**Cost:** £72.94

**Additional expenses:** Please provide any spending money

**Packed lunch and refreshments required:** Please provide a packed lunch

## Day Trip to Solent Sky Aviation Museum



Take a rewarding day trip to Solent Sky, where historic aircraft and Southampton's aviation story are thoughtfully displayed. View standout planes like the Spitfire up close and explore engaging, easy-to-follow exhibits. It's an inviting museum experience.

Let's explore together. The cost includes admission to the museum, return transport and support.

**Dates:** Sunday 18<sup>th</sup> January

**Time:** First pick up around 10:00, Last drop off around 17:00

**Cost:** £73.44

**Additional expenses:** Please provide any spending money

**Packed lunch and refreshments required:** Please provide a packed lunch

## Winter Craft Day with Lunch at Acorn



Join us for a Winter Craft Day where we'll enjoy making seasonal projects together. Create seasonal art, try new craft activities, and celebrate the magic of Winter. Join us for a hands-on, cozy, creative experience everyone can enjoy.

Lunch is provided.

**Dates:** Sunday 11<sup>th</sup> January

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

**Cost:** £64.92

**Additional expenses:** None

**Packed lunch and refreshments required:** None



## Flower Arranging with Lunch at Acorn



Come and join our friendly staff for our fabulous flower arranging activity! This fantastic session allows you to learn the different methods of flower arranging.

Once we have made our beautiful creations, which will get to be taken home, we are going to have 'High Tea' for lunch with sandwiches, cakes and drinks. Sounds like a heavenly Sunday!

**Dates:** Sunday 18<sup>th</sup> January  
**Time:** 10:00 – 15:00 session (transport times will be confirmed)  
**Cost:** £64.92

**Additional expenses:** None

**Packed lunch and refreshments required:** No

## 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 is included.

**Dates:** Sunday 25<sup>th</sup> January  
**Time:** 10:00 – 15:00 session (transport times will be confirmed)  
**Cost:** £64.92

**Additional expenses:** None

**Packed lunch and refreshments required:** No

## 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

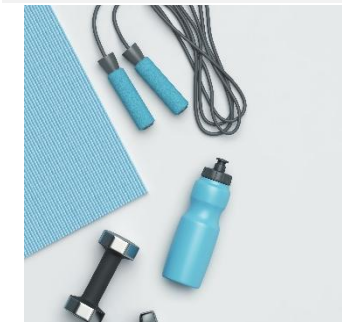


Join Ali, a qualified instructor, for a dancing session specially designed for people with learning disabilities. Learn some of your favourite “Strictly” dance steps in a fun, easy-to-follow class with no partner needed. Enjoy a healthy snack and a drink while you move, get fit, and improve your mobility.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

<b>Dates:</b>	Every Monday evening from 5 <sup>th</sup> January
<b>Time:</b>	18:45 – 20:00 (transport times will be confirmed)
<b>Cost:</b>	£41.46*

<b>Additional expenses:</b>	*Please note from January the session cost will change to include <u><b>a drink and healthy snack</b></u> , no need to provide money.
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#### 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.

<b>Dates:</b>	Every Thursday evening from 8 <sup>th</sup> January
<b>Time:</b>	18:45 – 19:45
<b>Cost:</b>	£37.46*

<b>Additional expenses:</b>	*Please note from January the session cost will change to include <u><b>a drink and healthy snack</b></u> , no need to provide money.
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## 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.

<b>Dates:</b>	Thursdays from 8 <sup>th</sup> January (dates TBC)
<b>Time:</b>	19:00 – 21:00 (transport times will be confirmed)
<b>Cost:</b>	£31.25
<b>Additional expenses:</b>	£6 entry fee and money for drinks required
<b>Packed lunch and refreshments required:</b>	No