

# July 2026

## Out and About Programme

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### Contact Details

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

[outandabout@optalis.org](mailto: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.**

## Out & About activities

### July Calendar

Date	Activity
Friday 3 <sup>rd</sup> July	Next Steps (Wokingham)
Saturday 4 <sup>th</sup> July	Bowling Day with Lunch
Monday 6 <sup>th</sup> July	Benchball
Monday 6 <sup>th</sup> July	Evening Meal with Friends
Tuesday 7 <sup>th</sup> July	Bowling Evening
Friday 10 <sup>th</sup> July	Pizza Making
Friday 10 <sup>th</sup> July	Next Steps (Wokingham)
Saturday 11 <sup>th</sup> July	Flower Arranging
Saturday 11 <sup>th</sup> July	Gym with Friends
Sunday 12 <sup>th</sup> July	Trip to Brooklands Museum
Monday 13 <sup>th</sup> July	Cook and Learn
Tuesday 14 <sup>th</sup> July	Evening Meal with Friends
Thursday 16 <sup>th</sup> July	Bowling Evening
Friday 17 <sup>th</sup> July	Arcade Evening
Friday 17 <sup>th</sup> July	Next Steps (Wokingham)
Saturday 18 <sup>th</sup> July	Trip to Rural Life Living Museum
Sunday 19 <sup>th</sup> July	Bowling Day with Lunch
Monday 20 <sup>th</sup> July	Art
Tuesday 21 <sup>st</sup> July	Swimming Evening
Friday 24 <sup>th</sup> July	Bowling Evening
Friday 24 <sup>th</sup> July	Next Steps (Wokingham)
Saturday 25 <sup>th</sup> July	Trip to Wellington Country Park
Sunday 26 <sup>th</sup> July	Cinema Day with Lunch
Monday 27 <sup>th</sup> July	Build Together
Tuesday 28 <sup>th</sup> July	Evening Meal with Friends

**Our regular weekly activities run alongside the above.**

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

## Out & About activities

### 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 20<sup>th</sup> July and Monday 27<sup>th</sup> July  
*(No sessions on Monday 6<sup>th</sup> July and Monday 13<sup>th</sup> July due to instructor holiday)*

**Time:**

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

**Cost:**

£43.04

**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:**

£32.44

**Additional expenses:**

£6 entry fee and money for refreshments required

## Out & About activities

### 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 6<sup>th</sup> July

Tuesday 14<sup>th</sup> July and Tuesday 28<sup>th</sup> July

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

**Cost:** £29.54

**Additional expenses:**

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

#### 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 6<sup>th</sup> July

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

**Cost:** £37.85

**Additional expenses:**

None

## 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:** Tuesday 7<sup>th</sup> July, Thursday 16<sup>th</sup> July and Friday 24<sup>th</sup> July

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

**Cost:** £51.63

**Additional expenses:**

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

## 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 10<sup>th</sup> July

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

**Cost:** £42.81

**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.

<b>Dates:</b>	Every Friday evening (except Bank Holidays)
<b>Time:</b>	19:00 – 21:00 (transport times will be confirmed)
<b>Cost:</b>	£32.44
<b>Additional expenses:</b>	£6 entry fee and money for refreshments

## 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.

<b>Dates:</b>	Monday 13 <sup>th</sup> July
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£50.52
<b>Additional expenses / notes:</b>	No expenses but please bring an apron

## 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 17<sup>th</sup> July

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

**Cost:** £45.41

**Additional expenses:** Please bring card if you wish to purchase a drink in the arcade.

## 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:** Tuesday 21<sup>st</sup> July

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

**Cost:** £48.24

**Additional expenses:** None

## 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.

<b>Dates:</b>	Monday 20 <sup>th</sup> July
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£73.67
<b>Additional expenses:</b>	None

## Build Together at Matthewsgreen



Enjoy a lively evening of construction, building and creating together. With a range of hands-on materials to explore, you'll have the chance to design, experiment, and bring your ideas to life in a fun and supportive setting. We will be there throughout to guide and encourage as you take part. It's a great way to spark creativity, try something new, and enjoy a shared experience filled with imagination, teamwork, and plenty of fun.

<b>Dates:</b>	Monday 27 <sup>th</sup> July
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£50.20
<b>Additional expenses:</b>	None

## 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 4<sup>th</sup> July and Sunday 19<sup>th</sup> July

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

**Cost:** £68.94

**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 11<sup>th</sup> July

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

**Cost:** £53.48

**Additional expenses:** None

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

## Flower Arranging at Acorn



Join our staff for a relaxed flower arranging session at the Acorn Centre. You will learn simple techniques and create your own flower arrangement to take home, with all materials provided. Afterwards, enjoy a high tea lunch with sandwiches, cakes, and drinks. It is a lovely way to spend a Sunday in good company.

**Dates:** Saturday 11<sup>th</sup> July

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

**Cost:** £67.39

**Additional expenses:** None

**Packed lunch and refreshments required:** No

## Trip to Brooklands Museum



Enjoy a fascinating day out at Brooklands Museum, the historic home of British motorsport and aviation. Explore vintage racing cars, classic aircraft, and interactive exhibits celebrating the world of speed and innovation. We will discover the famous circuit, visit the London Bus Museum and learn about the people and machines that shaped transport history. Cost includes admission, return transport, and group support.

**Dates:** Sunday 12<sup>th</sup> July

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

**Cost:** £106.95

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

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

## Trip to Rural Life Living Museum



Enjoy a traditional countryside experience at Rural Life Living Museum, an open-air museum dedicated to preserving rural history and heritage. We will explore historic buildings, vintage farming equipment, and fascinating exhibits that bring village and agricultural life to life. We will enjoy demonstrations, discover traditional crafts, and experience the charm of the English countryside. Cost includes admission, return transport, and group support.

**Dates:** Saturday 18<sup>th</sup> July

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

**Cost:** £90.90

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

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

## Trip to Wellington Country Park



Enjoy a day out at Wellington Country Park, set within beautiful woodland and lakeside surroundings. We will meet a variety of friendly animals including goats, sheep, alpacas, and chickens, while enjoying scenic walks and the outdoor spaces across the park. Cost includes admission, return transport, and group support.

**Dates:** Saturday 25<sup>th</sup> July

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

**Cost:** £86.75

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

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

## 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 26<sup>th</sup> July

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

**Cost:** £56.37

**Additional expenses:**

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