

# June 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

### June – Monthly Calendar

Date	Activity
Monday 1 <sup>st</sup> June	Art with Julia
Tuesday 2 <sup>nd</sup> June	Evening Meal with Friends
Friday 5 <sup>th</sup> June	Next Steps (Wokingham)
Sunday 7 <sup>th</sup> June	Cinema Day with Lunch
Monday 8 <sup>th</sup> June	Evening Meal with Friends
Tuesday 9 <sup>th</sup> June	Bowling Evening
Friday 12 <sup>th</sup> June	Arcade Evening
Friday 12 <sup>th</sup> June	Next Steps (Wokingham)
Saturday 13 <sup>th</sup> June	Trip to Bucklebury Farm Deer and Safari Park
Sunday 14 <sup>th</sup> June	Bowling Day with Lunch
Monday 15 <sup>th</sup> June	Benchball
Tuesday 16 <sup>th</sup> June	Evening Meal with Friends
Thursday 18 <sup>th</sup> June	Bowling Evening
Friday 19 <sup>th</sup> June	Pizza Making
Friday 19 <sup>th</sup> June	Next Steps (Wokingham)
Saturday 20 <sup>th</sup> June	Watercress Heritage Railway Trip
Sunday 21 <sup>st</sup> June	Indoor Climbing and Lunch
Monday 22 <sup>nd</sup> June	Cook and Learn
Tuesday 23 <sup>rd</sup> June	Swimming Evening
Friday 26 <sup>th</sup> June	Bowling Evening
Friday 26 <sup>th</sup> June	Next Steps (Wokingham)
Saturday 27 <sup>th</sup> June	Pottery Painting with Lunch
Sunday 28 <sup>th</sup> June	Trip to Hawk Conservancy Trust
Monday 29 <sup>th</sup> June	Build Together
Tuesday 30 <sup>th</sup> June	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

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

#### Dance with Ali at Matthewsgreen – Register interest for a space



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!

<b>Dates:</b>	Monday 1 <sup>st</sup> , Monday 15 <sup>th</sup> , Monday 22 <sup>nd</sup> and Monday 29 <sup>th</sup> June <i>(Note - No session on Monday 8<sup>th</sup> June due to instructor holiday)</i>
<b>Time:</b>	18:45 – 19:45 (transport times will be confirmed)
<b>Cost:</b>	£43.04
<b>Additional expenses:</b>	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.

<b>Dates:</b>	Thursday 4 <sup>th</sup> , Thursday 11 <sup>th</sup> and Thursday 25 <sup>th</sup> June
<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 required

Out & About activities

**Bookable activities – Weekdays**

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

**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 1 <sup>st</sup> June
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£73.67
<b>Additional expenses:</b>	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>	Friday 5 <sup>th</sup> , Friday 12 <sup>th</sup> , Friday 19 <sup>th</sup> and Friday 26 <sup>th</sup> June
<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

## 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 8<sup>th</sup> June  
Tuesday 2<sup>nd</sup>, Tuesday 16<sup>th</sup> and Tuesday 30<sup>th</sup> June

**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.

## 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 9<sup>th</sup> June, Thursday 18<sup>th</sup> June and Friday 26<sup>th</sup> June

**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.

## 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 12<sup>th</sup> June

**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.

## 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 15<sup>th</sup> June

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

**Cost:** £37.85

**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.

<b>Dates:</b>	Friday 19 <sup>th</sup> June
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£42.81
<b>Additional expenses:</b>	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.

<b>Dates:</b>	Monday 22 <sup>nd</sup> June
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£50.52
<b>Additional expenses:</b>	None

**Out & About activities**

**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 23<sup>rd</sup> June  
**Time:** 18:30 – 20:30 session (transport times will be confirmed)  
**Cost:** £48.24  
**Additional expenses:** 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.

**Dates:** Monday 29<sup>th</sup> June  
**Time:** 18:30 – 20:00 session (transport times will be confirmed)  
**Cost:** £50.20  
**Additional expenses:** None

Out & About activities

Bookable activities – Weekends

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

**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 at a local pub or restaurant. A perfect way to spend a day!

**Dates:** Sunday 7<sup>th</sup> June  
**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.

**Trip to Bucklebury Farm Deer and Safari Park**



Enjoy a day out at Bucklebury Farm Park, set in beautiful countryside. Take a tractor ride into the deer park to see herds of Red, Sika, Fallow, and Axis deer and enjoy a seasonal feeding experience. Explore the farmyard and meet friendly animals including goats, sheep, pigs, ponies, alpacas, and donkeys, plus smaller animals such as rabbits, guinea pigs, and chickens. Cost includes admission, return transport, and group support.

**Dates:** Saturday 13<sup>th</sup> June  
**Time:** 10:00 – 15:00 approx. (transport times will be confirmed)  
**Cost:** £92.40

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

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

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

**Dates:** Sunday 14<sup>th</sup> June

**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.

## Watercress Heritage Railway Trip



Enjoy a heritage railway day trip on the Watercress Line through the Hampshire countryside. We will travel by steam train from Alton to Ropley, on to Alresford, and back. There will be time to explore the main station area, see steam locomotive restoration in action, visit historic railway buildings, cross the famous bridge featured in the Harry Potter film series, and enjoy a ride on the miniature railway. Cost includes return transport, entry, rail tickets and group support.

**Dates:** Saturday 20<sup>th</sup> June

**Time:** 10:00 – 16:00 approx. (transport times will be confirmed)

**Cost:** £109.28

**Additional expenses:** None

**Packed lunch and refreshments required:** Yes

## Indoor Climbing and Lunch



Enjoy a visit to Clip 'n Climb Reading, an indoor climbing centre with a variety of climbing walls and challenges. With automatic belay systems, you can climb at your own pace in a safe and supportive environment, whether you are trying it for the first time or building confidence. After our climbing session, we will head to a local restaurant or pub to relax and enjoy a tasty lunch together. Climbing admission, group support, and return transport are all included.

**Dates:** Sunday 21<sup>st</sup> June

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

**Cost:** £74.10

**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. £15-30 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 27<sup>th</sup> June

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

**Cost:** £55.53

**Additional expenses:**

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

## Trip to Hawk Conservancy Trust



Enjoy a day out at Hawk Conservancy Trust in Andover, set in beautiful woodland surroundings. Watch spectacular flying displays featuring hawks, owls, eagles, and vultures, and learn about conservation through engaging keeper talks and demonstrations. Explore scenic trails and viewing areas and get close to birds of prey in a safe, natural setting. Cost includes return transport, entry, and group support throughout the visit.

**Dates:** Sunday 28<sup>th</sup> June

**Time:** 10:00 – 16:00 approx. (transport times will be confirmed)

**Cost:** £120.47

**Additional expenses:** None

**Packed lunch and refreshments required:** Yes