

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

## March – Monthly Calendar

Date	Activity
Sunday 1 <sup>st</sup> March	Day Trip to STEAM Museum Swindon
Monday 2 <sup>nd</sup> March	Evening Meal with Friends
Tuesday 3 <sup>rd</sup> March	Bowling Evening
Friday 6 <sup>th</sup> March	Pizza Making
Friday 6 <sup>th</sup> March	Next Steps Disco - Wokingham
Saturday 7 <sup>th</sup> March	Pottery Painting with Lunch
Sunday 8 <sup>th</sup> March	Mother's Day Craft Day with Lunch
Tuesday 10 <sup>th</sup> March	Evening Meal with Friends
Friday 13 <sup>th</sup> March	Bowling Evening
Friday 13 <sup>th</sup> March	Next Steps Disco - Wokingham
Saturday 14 <sup>th</sup> March	Breakfast with Friends
Sunday 15 <sup>th</sup> March	Camberley Cinema Day with Lunch and Shopping
Monday 16 <sup>th</sup> March	Evening Meal with Friends
Tuesday 17 <sup>th</sup> March	Bowling Evening
Thursday 19 <sup>th</sup> March	Swimming Evening
Friday 20 <sup>th</sup> March	Pizza Making
Friday 20 <sup>th</sup> March	Next Steps Disco - Wokingham
Saturday 21 <sup>st</sup> March	Bowling Day with Lunch
Sunday 22 <sup>nd</sup> March	Easter Craft Day with Lunch
Tuesday 24 <sup>th</sup> March	Evening Meal with Friends
Wednesday 25 <sup>th</sup> March	Benchball
Friday 27 <sup>th</sup> March	Bowling Evening
Friday 27 <sup>th</sup> March	Next Steps Disco - Wokingham
Saturday 28 <sup>th</sup> March	Live Sport – Reading FC Football Match
Sunday 29 <sup>th</sup> March	Day Trip to Chiltern Open Air Museum
Monday 30 <sup>th</sup> March	Evening Meal with Friends
Tuesday 31 <sup>st</sup> March	Arcade Evening

**Our regular weekly activities run alongside the above. See page 12 for further details and register your interest in one of these.**

## 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 2<sup>nd</sup> March, March 16<sup>th</sup> March and Monday 30<sup>th</sup> March  
*(Please note that due to staffing this month, the Monday meals will be limited to 4 customers)*

Tuesday 10<sup>th</sup> March and Tuesday 24<sup>th</sup> March

**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 3<sup>rd</sup> March and Tuesday 17<sup>th</sup> March  
*(Please note that due to staffing this month, the Tuesday bowling will be limited to 4 customers)*

Friday 13<sup>th</sup> March and Friday 27<sup>th</sup> March

**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.

## 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 6<sup>th</sup> March, Friday 13<sup>th</sup> March,  
Friday 20<sup>th</sup> March and Friday 27<sup>th</sup> March

**Time:**

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

**Cost:**

£31.25

**Additional expenses:**

£6 entry fee and money for refreshments

**Packed lunch and refreshments required:**

No

## 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 6<sup>th</sup> March and Friday 20<sup>th</sup> March

**Time:**

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

**Cost:**

£41.24

**Additional expenses:**

None

**Packed lunch and refreshments required:**

No

## 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!

<b>Dates:</b>	Thursday 19 <sup>th</sup> March
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£46.67
<b>Additional expenses:</b>	None
<b>Packed lunch and refreshments required:</b>	No

## Bench Ball at Acorn



Who would like to join our growing Benchball 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) and a talk about the evening.

<b>Dates:</b>	Wednesday 25 <sup>th</sup> March
<b>Time:</b>	18:45 – 20:15 session (transport times to be confirmed)
<b>Cost:</b>	£36.46
<b>Additional expenses:</b>	None
<b>Packed lunch and refreshments required:</b>	No

## 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:** Tuesday 31<sup>st</sup> March

**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:** No



## Bookable activities – Weekends

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

### Day Trip to STEAM Museum Swindon



Enjoy a fascinating day out at the STEAM Museum in Swindon, discovering the powerful stories behind Britain's railway heritage. Explore beautifully restored steam locomotives, hands-on exhibits and immersive displays that bring the Great Western Railway to life. The cost includes admission to the museum, return transport and support.

**Dates:** Sunday 1<sup>st</sup> March  
**Time:** 10:00 – 15:00 approx. (transport times will be confirmed)  
**Cost:** £92.13

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

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

### 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 before we enjoy a pottery painting session and get creative. Customers will choose an item to buy for the pottery session (pottery items approx. £20-30 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 7<sup>th</sup> March  
**Time:** 10:30 – 14:30 approx. (transport times will be confirmed)  
**Cost:** £53.50

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

## Mother's Day Craft Day with Lunch at Acorn



Ahead of Mother's Day on Sunday 15<sup>th</sup> March, honour the special women in your life with a warm and inspiring craft day. Join us for thoughtful crafts, gentle activities, and time together in a comfortable, friendly atmosphere. Everyone will leave with handmade keepsakes to gift to the special people in their lives. Lunch will be provided.

<b>Dates:</b>	Sunday 8 <sup>th</sup> March
<b>Time:</b>	10:00 – 15:00 session (transport times will be confirmed)
<b>Cost:</b>	£64.92
<b>Additional expenses:</b>	None
<b>Packed lunch and refreshments required:</b>	No

## 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.

<b>Dates:</b>	Saturday 14 <sup>th</sup> March
<b>Time:</b>	09:45 – 11:15 session (transport times will be confirmed)
<b>Cost:</b>	£28.46
<b>Additional expenses:</b>	The cost of the meal is to be met directly by the customer, please bring cash or a bank card.
<b>Packed lunch and refreshments required:</b>	No



## Camberley Cinema Day with Lunch and Shopping



Join us for a Sunday together in Camberley. We will begin with a morning screening of a film at Vue Camberley. This film will be selected the week of the event, as cinemas don't allow advance booking. After the screening, we'll enjoy a relaxed lunch together and end the day with some time to explore the shops. A perfect way to spend your Sunday!

**Dates:** Sunday 15<sup>th</sup> March

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

**Cost:** £74.63

**Additional expenses:**

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

## 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:** Saturday 21<sup>st</sup> March

**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.

## Easter Craft Day with Lunch at Acorn



Celebrate the joys of Easter and the arrival of spring with a creative and welcoming craft day. Enjoy hands-on seasonal crafts, light activities, and a relaxed social setting. It's a wonderful way to connect, share in the Easter season, and take home something meaningful. Lunch will be provided.

<b>Dates:</b>	Sunday 22 <sup>nd</sup> March
<b>Time:</b>	10:00 – 15:00 session (transport times will be confirmed) <i>(Please note that due to staffing, this event will be limited to 4 customers)</i>
<b>Cost:</b>	£64.92
<b>Additional expenses:</b>	None
<b>Packed lunch and refreshments required:</b>	No

## Live Football Match – Reading FC v Wigan Athletic



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 Wigan Athletic, with our Out and About Team handling all the arrangements including transport and tickets for the game. It's a great way to enjoy the excitement of live football together.

<b>Dates:</b>	Saturday 28 <sup>th</sup> March
<b>Time:</b>	Kick off at 15:00 (transport times will be confirmed)
<b>Cost:</b>	£78.36
<b>Additional expenses:</b>	None
<b>Packed lunch and refreshments required:</b>	Drink and a snack

## Day Trip to Chiltern Open Air Museum



Enjoy a day out at Chiltern Open Air Museum, exploring historic buildings rescued from across the Chilterns and re-erected in a beautiful countryside setting. Wander through cottages, workshops and traditional interiors while learning about everyday life in the past and sparking easy conversation along the way. The cost includes admission to the museum, return transport and support.

**Dates:** Sunday 29<sup>th</sup> March

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

**Cost:** £94.63

**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 the following:

#### Dance with Ali 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>	Monday evenings
<b>Time:</b>	18:45 – 20:00 (transport times will be confirmed)
<b>Cost:</b>	£41.46
<b>Additional expenses:</b>	None

#### 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. Refreshments are available to purchase.

<b>Dates:</b>	Thursday evenings <i>(does not run on third Thursday of the month)</i>
<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 refreshments required