

# May 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 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 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**

**May – Monthly Calendar**

<b>Date</b>	<b>Activity</b>
Friday 1 <sup>st</sup> May	Evening Meal with Friends
Friday 1 <sup>st</sup> May	Next Steps (Wokingham)
Saturday 2 <sup>nd</sup> May	Live Football Match – Reading FC
Sunday 3 <sup>rd</sup> May	Bowling Day with Lunch
Tuesday 5 <sup>th</sup> May	Evening Meal with Friends
Tuesday 5 <sup>th</sup> May	Swimming Evening
Friday 8 <sup>th</sup> May	Bowling Evening
Friday 8 <sup>th</sup> May	Next Steps (Wokingham)
Saturday 9 <sup>th</sup> May	Live Theatre Show – Sister Act at South Hill Park
Sunday 10 <sup>th</sup> May	Thames Explorer River Cruise with Lunch
Monday 11 <sup>th</sup> May	Cook and Learn
Tuesday 12 <sup>th</sup> May	Bowling Evening
Friday 15 <sup>th</sup> May	Evening Meal with Friends
Friday 15 <sup>th</sup> May	Next Steps (Wokingham)
Saturday 16 <sup>th</sup> May	Pottery Painting with Lunch
Sunday 17 <sup>th</sup> May	Cinema Day with Lunch
Monday 18 <sup>th</sup> May	Benchball
Tuesday 19 <sup>th</sup> May	Evening Meal with Friends
Tuesday 19 <sup>th</sup> May	Darts Evening
Thursday 21 <sup>st</sup> May	Bowling Evening
Friday 22 <sup>nd</sup> May	Pizza Making
Friday 22 <sup>nd</sup> May	Next Steps (Wokingham)
Saturday 23 <sup>rd</sup> May	Trip to Birdworld
Sunday 24 <sup>th</sup> May	Spring Craft Day
Tuesday 26 <sup>th</sup> May	Arcade Evening
Friday 29 <sup>th</sup> May	Bowling Evening
Friday 29 <sup>th</sup> May	Next Steps (Wokingham)
Saturday 30 <sup>th</sup> May	Flower Arranging
Saturday 30 <sup>th</sup> May	Gym with Friends
Sunday 31 <sup>st</sup> May	Breakfast with Friends

## 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 – Limited spaces available



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 11 <sup>th</sup> May and Monday 18 <sup>th</sup> May
<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 – Limited 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 7 <sup>th</sup> May, Thursday 14 <sup>th</sup> May and Thursday 28 <sup>th</sup> May
<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:

**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:** Friday 1<sup>st</sup> May and Friday 15<sup>th</sup> May  
Tuesday 5<sup>th</sup> May and Tuesday 19<sup>th</sup> May
- 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.

**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 1<sup>st</sup> May, Friday 8<sup>th</sup> May, Friday 15<sup>th</sup> May,  
Friday 22<sup>nd</sup> May and Friday 29<sup>th</sup> May
- Time:** 19:00 – 21:00 (transport times will be confirmed)
- Cost:** £32.44
- Additional expenses:** £6 entry fee and money for refreshments

## 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>	Tuesday 5 <sup>th</sup> May
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£48.24
<b>Additional expenses:</b>	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.

<b>Dates:</b>	Friday 8 <sup>th</sup> May, Tuesday 12 <sup>th</sup> May, Thursday 21 <sup>st</sup> May and Friday 29 <sup>th</sup> May
<b>Time:</b>	18:30 – 20:30 session (transport times will be confirmed)
<b>Cost:</b>	£51.63
<b>Additional expenses:</b>	Please bring money if you wish to purchase snacks/refreshments in the bowling alley.

## 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 as you take part in a hands-on cooking activity. It's a great opportunity to build confidence in the kitchen, try something new, and enjoy good company in a welcoming environment.

**Dates:** Monday 11<sup>th</sup> May

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

**Cost:** £50.52

**Additional expenses:** None

## 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 18<sup>th</sup> May

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

**Cost:** £37.85

**Additional expenses:** None

## Darts Evening



Enjoy a fun and interactive darts experience at Den 42 in Wokingham. Compete, relax, and enjoy the friendly atmosphere as you play together. It is a great way to mix light competition with good company. Drinks and refreshments will be available to purchase, but no meal is planned for the evening.

**Dates:** Tuesday 19<sup>th</sup> May

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

**Cost:** £40.74

**Additional expenses:** Please bring money if you wish to purchase refreshments in the venue.

## 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 22<sup>nd</sup> May

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

**Cost:** £42.81

**Additional expenses:** None

## 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:** Tuesday 26<sup>th</sup> May

**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.

**Out & About activities**

**Bookable activities – Weekends**

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

**Live Football Match – Reading FC v Blackpool**



Whether you're a lifelong football fan or new to the game, come and soak up the brilliant live atmosphere at Reading FC's final home match of the season.

We will be there to see Reading take on Blackpool. The Out and About Team will take care of all the arrangements, including transport and match tickets. It's the perfect way to enjoy the excitement of live football together.

**Dates:** Saturday 2<sup>nd</sup> May

**Time:** 15:00 kick off (transport times will be confirmed)

**Cost:** £81.34

**Additional expenses:** None

**Packed lunch and refreshments required:** Please provide a snack and drink

**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:** Sunday 3<sup>rd</sup> May

**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.

## Live Theatre Show – Sister Act



Get ready to raise your voice! EBOS Musical Theatre proudly presents Sister Act the Musical at South Hill Park Theatre. It is a feel-good, soulful comedy packed with music, fun, and energy. Follow disco diva Deloris as she hides out in a convent and transforms a hesitant choir into a sensational hit. Don't miss this uplifting celebration of music, friendship, and finding your voice. Price includes the theatre ticket, group support and return transport.

**Dates:** Saturday 9<sup>th</sup> May

**Time:** 14:30 performance (transport times will be confirmed)

**Cost:** £79.10

**Additional expenses:** None

**Packed lunch and refreshments required:** Please provide a snack and drink

## Thames Explorer River Cruise and Lunch



Take a 90-minute Thames Explorer cruise from Caversham along a peaceful stretch of the River Thames. Travel to Mapledurham Lock and back, enjoying countryside views and wildlife, with comfortable seating and onboard refreshments, before heading to Toby Carvery for a relaxed Sunday lunch.

**Dates:** Sunday 10<sup>th</sup> May

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

**Cost:** £89.82

**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. £10-30 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 16<sup>th</sup> May

**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.

## 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 17<sup>th</sup> May

**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.

## Day Trip to Birdworld



Enjoy a day trip to Birdworld, where you can explore one of the UK's largest bird parks and discover a wide variety of species from around the world.

Stroll through beautifully landscaped aviaries, meet colourful birds up close, and learn fascinating facts about wildlife and conservation. Cost includes admission, return transport, and group support.

**Dates:** Saturday 23<sup>rd</sup> May

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

**Cost:** £100.35

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

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

## Spring Craft Day at Acorn



Celebrate the beauty of spring with a day full of creativity and craft at the Acorn Centre!

Join us to make seasonal projects, explore new craft activities, and embrace the fresh, vibrant spirit of spring. All materials and lunch are provided. Enjoy a hands-on, colourful, and fun experience.

**Dates:** Sunday 24<sup>th</sup> May

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

**Cost:** £67.39

**Additional expenses:** None

**Packed lunch and refreshments required:** No

## 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 Saturday in good company.

**Dates:** Saturday 30<sup>th</sup> May

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

**Cost:** £67.39

**Additional expenses:** None

**Packed lunch and refreshments required:** No

## 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 30<sup>th</sup> May

**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

## 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:** Sunday 31<sup>st</sup> May

**Time:** 09:45 – 11:15 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.

**Packed lunch and refreshments required:** No