December
Out and About Programme

Contact Details

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

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+ workings 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

Monthly Calendar

Date	Activity
Tuesday 1.12.26	Evening meal
Thursday 3.12.26	Next Steps
Friday 4.12.26	Pizza Evening
Sunday 6.12.26	Bowling & Lunch
Monday 7.12.26	Dance with Ali
Monday 7.12.26	Benchball
Tuesday 8.12.26	Evening meal
Thursday 10.12.26	Next Steps
Friday 11.12.26	Optalis Winter Ball (limited transport)
Saturday 12.12.26	Pottery with Justine - ceramic workshop 'NEW'
Sunday 13.12.26	Cinema & Lunch
Monday 14.12.26	Dance with Ali
Tuesday 15.12.26	Bowling evening
Thursday 17.12.26	Christmas Party Matthewsgreen 7 – 9.30pm (limited transport)
Friday 18.12.26	Acapella Choir and Hot chocolate (limited spaces)
Saturday 19.12.26	Aladdin – Pantomime at South Hill Park (Limited spaces)
Monday 21.12.26	Dance with Ali
Tuesday 22.12.26	Evening meal

Our regular weekly activities run alongside the above.

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

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 7th, 14th and 21st December
Time:	18:45 – 19:45 (transport times will be confirmed)
Cost:	£53.76
Additional expenses:	None

Next Steps Disco at Earley Social Club – Register your interest!



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 3rd and 10th December
Time:	19:00 – 21:00 (transport times will be confirmed)
Cost:	£42.21
Additional expenses:	£6 entry fee and money for refreshments required

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:	Tuesday 1st, 8th and 22nd December
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£51.19
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 15th December
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£66.94
Additional expenses:	Please bring money if you wish to purchase snacks/refreshments in the bowling alley.

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 7th December
Time:	18:45 – 20:15 session (transport times to be confirmed)
Cost:	£44.31
Additional expenses:	None

Acapella choir and Hot Chocolate on the deck at Dinton Pastures



Listen to a special, festive evening performance by Avenue, a local acapella group, 6pm to 9pm. Avenue's repertoire is contemporary, diverse, classic and eclectic, so there's a musical style for everyone. The Coffee Deck at Dinton Pastures will be open, serving up warm, winter treats. There are also marshmallows and a firepit to roast them, it's the perfect way to get into the festive spirit.

Dates:	Friday 18th December
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£73.58
Additional expenses:	Please bring a card or cash for refreshments

Pizza Making Evening at Matthewsgreen



Join us for an evening of food and chatter at Matthewsgreen Community Centre 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 4th December
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£52.71
Additional expenses:	None

Optalis Winter Ball



Optalis invite you to the Optalis Winter Ball!
Dress Festive! Christmas jumpers, sparkles or anything that makes you feel merry. Join us for an evening of music, dancing and finger food.
Customers are asked to provide their own transport and support.

Out and About have some limited support: Please let us know if you would like to use Out and About for transport and support at the event.

Dates:	Friday 11th December
Time:	18:00 – 21:00 session (transport times will be confirmed)
Cost:	£75.44
Additional expenses:	Please bring card if you wish to purchase a drink.

Christmas Party (Day Services) at Matthewsgreen



Day Services invite you to their Christmas Party at Matthewsgreen!
Dress in whatever you like as long as it makes you happy! There will be music, dancing and finger food.
Customers are asked to provide their own transport and support.
Out and About have some limited support:
Please let us know if you would like to use Out and About for transport and support at the event.

Dates:	Thursday 17th December
Time:	19:00 – 21:30 session (transport times will be confirmed)
Cost:	£75.44
Additional expenses:	None

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:	Sunday 6th December
Time:	10:30 – 14:30 approx. (transport times will be confirmed)
Cost:	£78.54
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 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 13th December
Time:	10:30 – 14:30 approx. (transport times will be confirmed)
Cost:	£79.07
Additional expenses:	The cost of the meal is to be met directly by the customer, please bring cash or a bank card.

Pottery day at Acorn with Justine



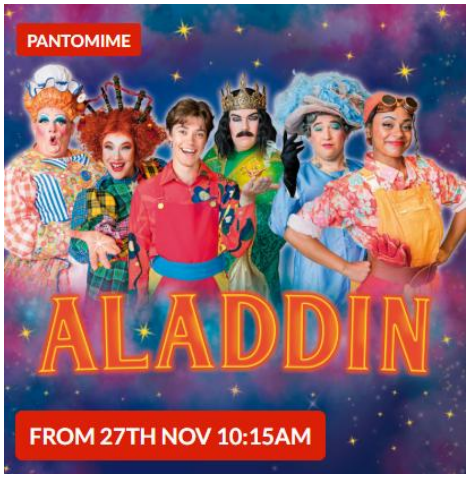




Come and meet Justine from the Porcelain Pig, in Twyford. We have been talking about developing pottery opportunities at Out and About and for this **second** workshop, we are going to repeat the bubble-blowing technique for decorating and glazing a piece of pottery. All materials are provided and afterwards we will finish with lunch.
If you have already made a piece with this technique in October, you could make another **or** you can design your own piece. Justine will provide everything you need.

Dates:	Saturday 12th December
Time:	10:00 – 15:00 session (transport times will be confirmed)
Cost:	£112.98
Additional expenses:	
Packed lunch and refreshments required:	Lunch and refreshments provided

Pantomime at South Hill Park - ALADDIN



Join us at the pantomime this year and a production at South Hill Park of ALADDIN!

'Your Christmas wish is granted as South Hill Park's award-winning family pantomime returns in 2026 with Aladdin. Filled with top tunes, dazzling dancing, stunning sets, crazy costumes, an adorable puppet, lots of terrible jokes and scenes of a magical nature'.

Please book quickly – places at South Hill Park are very limited.

Dates:	Saturday 19th December 11am performance
Time:	10:00 – 14:30 approx. (transport times will be confirmed)
Cost:	£120.12
Additional expenses:	Please bring a card or cash for refreshments during the interval.