

October 2026

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.

Monthly Calendar

Date	Activity
Friday 02.10.26	Build Together at Acorn
Saturday 03.10.26	Pottery painting at Mad Hatters, Arborfield & lunch
Sunday 04.10.26	Cinema & lunch
Tuesday 06.10.26	Bowling
Friday 09.10.26	Evening meal
Saturday 10.10.26	Flower arranging at Acorn with lunch
Sunday 11.10.26	Craft Day at Acorn with lunch
Tuesday 13.10.26	Evening meal
Friday 16.10.26	Pizza making at Matthewsgreen
Saturday 17.10.26	Bowling day & lunch
Monday 19.10.26	Cook and Learn
Tuesday 20.10.26	Evening meal
Friday 23.10.26	Bowling
Saturday 24.10.26	Thames Walk and afternoon tea
Sunday 25.10.26	Pottery workshop at Acorn – bubble blowing technique & lunch
Monday 26.10.26	Benchball
Tuesday 27.10.26	Swimming Evening
Friday 30.10.26	Arcade evening
Saturday 31.10.26	Cinema Day with lunch

Out & About activities

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 may 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 evenings 5 th , 12 th , 19 th and 26 th October
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 evenings 1 st , 8 th , 15 th (Bowling), 22 nd and 29 th
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: Friday 9th, Tuesday 13th and Friday 23rd October

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

Cost: £42.21

Additional expenses:

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

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 27th October

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

Cost: £54.00

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 6th and 20th October

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

Cost: £54.00

Additional expenses:

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. 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.

Dates: Monday 19th October

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

Cost: £56.16

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 26 th October
Time:	18:45 – 20:15 session (transport times to be confirmed)
Cost:	£44.31
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:	Friday 2 nd October
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£52.71
Additional expenses:	None

Pizza Making Evening at Matthewsgreen



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 16 th October
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£52.71
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:	Friday 30 th October
Time:	18:45 – 20:15 session (transport times will be confirmed)
Cost:	£55.86
Additional expenses:	Please bring card if you wish to purchase a drink in the arcade.

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 17th October

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

Cost: £73.61

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 3rd October

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

Cost: £58.38

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 day at the weekend!

Dates: Sunday 4th October & Saturday 31st October

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

Cost: £74.13

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

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 10th October

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

Cost: £83.16

Additional expenses: None

Packed lunch and refreshments required: No

Craft day at Acorn



Join our staff for a relaxed Craft day at Acorn. Work on a seasonal craft activity based on Autumn. All materials will be provided. We will also provide lunch and refreshments and there will plenty of time to chat to friends or make new friends.

Dates: Sunday 11th October

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

Cost: £83.16

Additional expenses:

Packed lunch and refreshments required: No

Thames Walk & Afternoon Tea



Join Out and About for a walk along the River Thames in Reading. The River path is full of interest and there will be plenty of time to talk along the way. We will branch off at the Kennet and Avon Canal and venture into Reading where we will arrange to have afternoon tea. A relaxed walk back following a different part of the Thames will bring us back to the transport.

Dates: Saturday 24th October

Time: 10:00 – 14:30 session (transport times will be confirmed)

Cost: £72.63

Additional expenses:

Please bring a card or cash for refreshments along the way and your afternoon tea.

Packed lunch and refreshments required: No

Pottery day at Acorn



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 first workshop, we are going to try the bubble-blowing technique for decorating and glazing a piece of pottery. All materials are provided and afterwards we will finish with lunch. We will also take the opportunity to chat with everyone about a 'starting with clay' workshop for November.



Dates: Sunday 25th October

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