

December 2025

Out and About Brochure

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.

The Service charges for covid related absences, as we do for other illness.

Any same day cancellations after 2pm should be telephoned through to the main service number - **0118 9899750** or if it is after 4.30pm please call the on-call number given on that specific route order.

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.

Due to traffic conditions during peak travel times and the impact it would have on the activity length, we are **unable** to provide transport to certain areas of Reading for our evening activities. Parent/Carers will have been informed of this, if it relates to their location.

Please ask if you need this information in another format or language.

Contact Details

Out & About activities

Booking requests for the brochure Outandabout@optalis.org

Timings/activity related queries or cancellations - outandabout@optalis.org - this mailbox is monitored by four staff so someone will be sure to pick up your message.

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Pub meal evening out with friends



This social evening provides the opportunity to sit down and enjoy some good food in great company – why not join us at a local pub for a delicious meal and a great get-together. We will provide our door-to-door service and support from our skilled and experienced staff team.

Dates: Tuesday 2nd, 16th 30th December

Time: Approximate pick-ups from 5.30pm return times approx. 8.30pm onwards

Cost: £28.46pp

Availability: 8 spaces

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

Activity Night – Held at Acorn



Led by Bel, the group participates in games, crafts, sports, art sessions, simple cooking tasks and so much more!!! Sessions include a meal - different options on offer on the night.

We have limited places for those who would like to attend, with our staff support or transport on a regular basis so be sure to reserve your place NOW!

Dates: Tues 2nd, 16th December

Time: Session time 6.30-8.30pm. Pick-ups start 5.30pm - return times from 8.40pm

Cost: £41.24

Availability: 8 spaces

Additional expenses: Please bring money if you wish to purchase snacks/refreshments in the bowling alley

Packed lunch and refreshments required: No

Pizza making evening



Join us for an evening of food and chatter at Woodley Day Services where 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! One pizza per person – please bring a tub to take home what you do not eat.

Dates: Friday 5th and 19th December

Time: 6.30pm -8.30pm session time

Cost: £41.24

Availability: 8 spaces

Additional expenses: None

Packed lunch and refreshments required: No

Fun Cooking at Woodley



Get your taste buds ready to go!!! Get creative in the kitchen. The classes are run by Lucy, our experienced staff member, who will help you to cook lunch and then make something delicious to take home!

Our price includes full support and transport with no additional charges for ingredients or materials.

Please let us know of any dietary requirements or allergies. These classes are very popular. Book early to avoid disappointment!

All levels of abilities are welcome

Dates: Saturday 6th

Time: 10am to 3pm - Session

Cost: £64.92 pp

Availability: 8 spaces

Additional expenses: None

Packed lunch and refreshments required: No

READING Illuminated



Experience Reading's newest winter light trail at Forbury Gardens & Abbey ruins. Follow a 30–50-minute route filled with beautiful light installations that transform the park. We have 2 experienced staff to help you through the light walk. Dress for the weather and bring a torch.

Dates:	Saturday 6 th December	
Time:	Entry time 4.45pm	Drop off approximately 8pm
Cost:	£55.41	Availability: 7 spaces

Additional expenses: None

Packed lunch and refreshments required: Provide packed evening supper.

Pantomime



Its Panto time! Oh yes, it is.... This year we are going to South Hill Park to watch Mother Goose and the Golden Egg. Enjoy the fantastic costumes, stages, cast and music. This will be full of laughter and smiles. Be prepared it will be noisy. Unfortunately, we have limited spaces as we pre booked tickets.

Dates:	Sunday 7 th December	
Time:	Starts 12.15pm	
Cost:	£82.08	Availability: 6 Spaces

Additional expenses: None

Packed lunch and refreshments required: Drink and snack

Christmas table decoration Making



Who is feeling in the Christmas spirit? Let's get creative and make your very own Christmas table decorations, whilst listening to Christmas music.

We will provide all materials and a light lunch, just bring your creativity.

Dates: Sunday 7th December

Time: 10am – 3pm

Cost: £64.92

Availability: 8 spaces

Additional expenses: None

Packed lunch and refreshments required: None

Pub & evening meal with friends



This social evening provides the opportunity to sit down, and to enjoy some good food in great company – why not join us?

Our prices include our support and our bespoke door to door service from our skilled and experienced staff

Dates: Monday 8th and 22nd December

Time: 6.30pm -8pm Activity time, pick up times will vary

Cost: £28.46pp

Availability: 8 spaces

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

ILS Christmas Party



Our Independent Living services are throwing a Christmas party, at Emmbrook Village Hall!

You are invited!

Let's dance the night away with friends.

Dates: Tuesday 9th December

Time: 4.30- 7pm

Cost: TBC

Availability: TBC

Additional expenses: TBC

Packed lunch and refreshments required: None required

Bingo Evening



Join us for our Bingo and supper night with friends. There are prizes to be won. After a game or two, we will provide some choices for supper.

Eyes down, who is ready?

Dates: Tuesday 9th and 23rd December

Time: 6.30-8.30pm - Transport times to be confirmed.

Cost: £41.24

Availability: 8 Spaces

Additional expenses:

Packed lunch and refreshments required: No

Optalis Carol concert



Join us to celebrate Christmas with all the gang from Optalis. We will be hearing speakers, poetry and, of course, singing.

Afterwards we will be serving drinks and mince pies

Dates: Friday 12th December

Time: 1pm – 2.30pm

Cost: £25.69

Availability: 8 Spaces

Additional expenses: None

Packed lunch and refreshments required: None

Bowling Evening



It's Friday Night – let's go bowling ~ Come and join in the fun with your friends! Can you be the best?

Our costs include admission, a high level of staff support and our fabulous door to door transport service.

Dates: Friday 12th

Time: 6.30-8.30pm - Transport times to be confirmed.

Cost: £49.74 pp

Availability: 8 Spaces

Additional expenses: Please bring money if you wish to purchase snacks/refreshments in the bowling alley

Packed lunch and refreshments required: None

Christmas shopping and wrapping



Let the Out and About Team help you with your Christmas shopping in Bracknell.

Bring your list and we can help you find what you need. After a couple of hours shopping we will head to Acorn for a light lunch and help to wrap your presents

Dates: Sunday 14th December

Time: 10am -3pm

Cost: £54.38

Availability: 8 spaces

Additional expenses: Money for Christmas shopping

Packed lunch and refreshments required: No

Bench Ball



Who is ready to try a new team game with us? Come and join the fun playing Bench Ball.

2 teams will try to successfully throw dodgeballs to their respective goalies on opposite sides of the hall.

Dates: Wednesday 17th December

Time: 6.45pm -8.15pm

Cost: £36.46

Availability: 8 spaces

Additional expenses: Money for tuck shop drink and snacks.

Packed lunch and refreshments required: None

Reading FC vs Bradford



For football fans or those new to football!

Join us at Reading stadium and soak up the brilliant atmosphere of a Royals football match.

Reading will be playing Luton and our Out and About Team will take care of all the arrangements including transport.

Please have dinner before being picked up.

Dates: Thursday 17th December

Time: Kick off 8pm

Cost: £57.25

Availability: 8

Additional expenses: None

Packed lunch and refreshments required: Drink and snack

Fun cooking Christmas Special



This very popular annual event is back. We will prepare a Christmas Roast with all the trimming and of course have Christmas crackers and Christmas pudding, whilst listening to Christmas music and chatting with friends. Who is joining us?

Dates: Sat 20th December

Time: 10am -3pm

Cost: £67.94

Availability: 8 spaces

Additional expenses: None

Packed lunch and refreshments required: None

Cinema and lunch



Join us at the Showcase in Earley for a morning screening of an appropriately selected film. Cinemas do not let you book a month in advance so we cannot announce the film until the week of the event. If you choose to cancel because the individual attending has already seen the film, please note that you are still liable to pay cancellation fees. After the film we are going for lunch at the Sedero Lounge in Wokingham.

Dates: Sunday 21st December

Time: Approximate timings of the day 9.30 – 3.30pm

Cost: £54.31pp

Availability: Limited 8 spaces

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

Bowling Day



Come and join in the fun!! Transport is available. Alternatively, you can meet us at the entrance of the Bowling Alley. We play two bowling games, then we go for some lunch and a drink, with the group deciding where we go.

Dates: Saturday 27th December

Time: 10am -3pm Pick up times will vary

Cost: £66.42 pp

Availability: 8 Spaces

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

Oxford Natural history Museum



Set in the heart of a historic university city, Oxford University Museum of Natural History provides an inspiring backdrop for a wide range of fossils, skeletons, gems and much more.

Let's explore together.

Dates:	Sunday 28 th December		
Time:	First pick up around 9am last drop off 4pm		
Cost:	£61.44	Availability:	TBC
Additional expenses:	None		
Packed lunch and refreshments required:	YES		

Three Kings Epiphany Art



Who is feeling sociable and creative? Bring any old Christmas cards, fabrics or coloured card and we will turn these into a Three Kings Collage to be displayed at Acorn for all to enjoy.

We will provide a light dinner.

Dates:	Monday 29 th December		
Time:	Session time 6.30pm- 8.30pm		
Cost:	£41.25	Availability:	8 spaces
Additional expenses:	None		
Packed lunch and refreshments required:	None		

Next Steps Disco



Let's dance the night away at the Next Steps disco, Earley Home Guard Social Club, Pitts Lane RG2 1BT

Drinks are available to purchase at the bar.

Dates: Every Thursday

Time: 7pm -9pm

Cost: £31.25

Availability:

Currently Full but let us know if you are interested – we may be able to get more spaces

Additional expenses: £6 entry fee and money for drinks required

Packed lunch and refreshments required: No

Strictly Dance Steps Night at the Acorn Centre



A dancing session, specifically for people with learning disabilities led by Ali, a qualified instructor.

Swing into shape and join in the fun as you learn some of your favourite "Strictly" dance steps in this fab-u-lous class, where you don't even realise, you're getting fit!

This is your chance to lose weight, tone up and improve mobility, while enjoying yourself. Fun, easy to learn lessons, no partner needed.

Dates: Every Monday evenings

Time: 6.30-8.30pm - Transport times to be confirmed.

Cost: Full support including door to door service £40.46

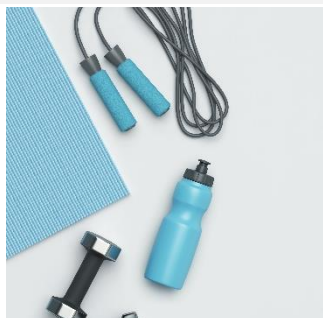
Availability:

Currently Full – let us know if you are interested

Additional expenses:

Please bring money for drinks and snacks.
Cans of diet drinks - 75p, Low fat crisps - 50p

Indoor Sports at the Acorn Centre



Let's have fun whilst keeping active with Indoor sports. We have a range of different sports activities on offer which we play over a 4-week period so we can get to know the rules and how it works.

Come and join in the fun every week at Acorn. You can block book to save your space.

Dates: Thursday 11th and 18th December

Time: Session time 7pm - 8pm

Cost: Full support including door to door service: £36.46
Admission only - No support, No transport: £8

Availability: Currently full

Additional expenses: Snacks & Refreshments available –
Sugar free drinks - 75p, Granola bars - 50p

Packed lunch and refreshments required: No