

September

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+ 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.

Monthly Calendar

Date	Activity
Tuesday 1 st September	Bowling Evening
Thursday 3 rd September	Walk and Talk – NEW
Friday 4 th September	Gym with Friends
Saturday 5 th September	Pottery Painting with Lunch
Sunday 6 th September	Cinema Day with Lunch
Monday 7 th September	Benchball
Tuesday 8 th September	Evening Meal with Friends
Thursday 10 th September	Walk and Talk – NEW ACTIVITY
Friday 11 th September	Bowling Evening
Saturday 12 th September	Go karting with TEAM SPORT Reading & Lunch – NEW
Monday 14 th September	Build Together
Tuesday 15 th September	Swimming Evening
Friday 18 th September	Pizza Making
Saturday 19 th September	Newbury Show – NEW
Sunday 20 th September	Cinema Day with lunch
Monday 21 st September	Art with Julia
Tuesday 22 nd September	Evening Meal with Friends
Thursday 24 th September	Walk and Talk – NEW
Friday 25 th September	Arcade Evening
Saturday 26 th September	Bowling Day with Lunch
Sunday 27 th September	Fun on the River Thames – kayak / canoe & lunch – NEW
Monday 28 th September	Cook and Learn
Tuesday 29 th September	Evening Meal with Friends

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 evenings 7 th , 14 th , 21 st and 28 th September
Time:	18:45 – 19:45 (transport times will be confirmed)
Cost:	£53.76
Additional expenses:	None

Next Steps Disco at Earley 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.

Dates:	Thursday evenings on 3 rd , 10 th , 17 th (bowling) and 24 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: Tuesday 8th, 22nd and 29th September

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 15th September

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 1st September and Friday 11th September

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 28th September

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

Art with Julia at Matthewsgreen



Spend an evening being creative with Julia, a local artist who has been running successful art classes in Wokingham for many years. Julia has partnered with the Wokingham Art Trail and works with people of all abilities. All materials will be provided, and you will take home your finished piece.

Dates:	Monday 21 st September
Time:	18:30 – 20:30 session (transport times will be confirmed)
Cost:	£81.00
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: Monday 14th September

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

Cost: £52.71

Additional expenses: None

Walk and Talk with Friends

Have you heard of **Walk and Talk**?

'This simple approach really works – And the walks and talks we have Inspired have already made such a huge impact on the health and happiness of so many communities.'



Join us for our first series of Walks and Talks – requested by YOU! Venues to be decided.

Dates: Thursdays 3rd, 10th and 24th September

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

Cost: £42.21

Additional expenses: None

Pizza Making Evening



Join us for an evening of food and chatter 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.

Dates:	Friday 18 th September
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 25 th September
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 26th September

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 5th September

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 Sunday!

Dates: Sunday 6th and 20th September

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.

Gym with Friends



Join us for an active Friday evening, end of week 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.

Download the REPCOUNT app!

Dates: Friday 4th September

Time: 18:00 – 20:00 approx. (transport times will be confirmed)

Cost: £50.61

Additional expenses: None

Packed lunch and refreshments required: Bring a drink to the session

Newbury Show



Let's go to the Newbury Show! Requested by YOU!
'The Show is widely regarded as one of the best county shows in the country hosted over two days at Newbury Showground. True to its roots, it is a celebration of all aspects of farming & rural life in the area, showcasing agricultural technology, animals, artisan products, local produce and more! All underpinned by our educational mission. A great day out combining displays, competition, shopping, an unrivalled food hall experience, craft marquee, rural crafts, have-a-go activities plus all the traditional attractions of a county show.

Dates: Saturday 19th September

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

Cost: £94.68

Additional expenses:

Bring a card or cash for refreshments, lunch and any attractions you want to try.

Fun on the River Thames – kayak or canoe & lunch



Come and try paddling on the Thames in a kayak or canoe. This will be 1.5-hour session and will include training and all the equipment you need for a safe experience. We will have our own instructor and an opportunity to try either the kayaks or canoes on your own or with a friend in their 2-person craft. The team at The Waterside are keen to support us with this new activity so let us know if you are interested.

Dates: Sunday 27th September

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

Cost: £84.63

Additional expenses:

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

Go karting with TEAMSPORT & Lunch



A new activity, requested by YOU!
TEAMSPORT in Reading offer a go-karting session which includes training, all safety gear and 2 15-minute sessions on the track, with a break in between. After the session, the drivers will go to the Victoria Cross, nearby, for a drink, some lunch and a good chat about the races!

Note: TEAMSPORT offer the following guidance –
Go-karting is not recommended for people with heart problems, epilepsy, or other conditions affected by exertion, including pregnancy. Particularly tall, short or heavier drivers may have difficulty fitting into the karts; the maximum height is 6'4" and the maximum weight is 18 stone.

Dates: Saturday 12th September

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

Cost: £111.93

Additional expenses:

The cost of lunch & any refreshments to be met directly by the customer, please bring cash or a bank card.

Packed lunch and refreshments required: Bring a drink for the go-karting