



Out & About – where friendships are made ☺

May 2018
Out & About

Brochure information

Symbols in this brochure mean:



Packed lunch and refreshments required



Long day (usually due to location)



An average day - approximately 9am – 5.30pm



Please dress appropriately/bring appropriate clothing



Money for food required

*

Where you see this with times given, pick up/drop off times are outside of these

Important information for your assistance

For general queries about timings/routes etc./changes to addresses etc. please email Rosina (rosina.john@optalis.org) (in on Mon & Tues 9-2 Thurs 11-3 & Fri 9-1pm) OR

Emma, (emma.coates@optalis.org) (in office on Tues 9.30-2.30/Wed 1- 4.30pm and Thursdays 8.30-4.30pm) one of them will be able to pick it up.

Any queries with invoicing – please e-mail Kim in the first instance so that we can resolve at service level – Kim can be reached via Kimberley.newell@optalis.org

Karyn takes the bookings, organises overnight stays/weekends away, develops the monthly brochures and identifies new opportunities for growth – karyn.fowle@optalis.org

Please enquire for our costings for 1:1 support for all activities - the costs published are for general support only.

If you require further information regarding any of the activities, please call a member of the team on **0118 9899 750** or email us at **outandabout@optalis.org**

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.

Please note costings will differ slightly for those living outside of Wokingham Borough due to additional mileage and staff time – this will be agreed at the time of your booking.

Contents

	Page	Activity
Tuesdays	4	At the Acorn social club
Wed 2 nd , 16 th & 30 th	4	Two Left Feet
Thursdays	5	Next Step Disco night
Thursday 3 rd & 17 th	5	Evening Swim at Lower Earley
Thursday 3 rd & 17 th	6	Bowling Evening
Friday 4 th & 18 th	6	Bingo Night
Saturday 5 th	7	Fun cooking
Sunday 6 th & 20 th	7	Bowling Day
Monday 7 th BH	8	Emergency Services Day – Brooklands Museum
Saturday 12 th	9	Gravity force
Saturday 12 th	9	Roves Animal Farm Centre
Sunday 13 th	10	Showcase Cinema & F/B's
Sunday 13 th	10	Sno-tubing
Monday 14 th & 28 th	11	Forest Spa
Thursday 17 th	11	Evening swim - Wokingham
Saturday 19 th	12	Amner's Farm
Monday 21 st	12	Cinema Evening
Friday 25 th	13	Bucklebury Farm and Deer Park
Saturday 26 th	13	Lunch out & cruise down the Thames
Saturday 26 th	14	Coral Reef Waterworld
Sunday 27 th	14	Sunshine Music Fest
Sunday 27 th	15	Flower Arranging

Held every Tuesday evening

At the Acorn – Social club 7-9pm £33pp



@The Acorn is a social group for people 16 years old

and over, which includes those with complex and profound needs. They meet at the Acorn Centre in Woosehill all year round. The event is organised and led by Mencap.

People have the opportunity to take part in activities such as wheelchair hockey, Frisbee, Zumba, music or just chill out and talk to friends. This club is funded by Wokingham Borough Council and is a really popular social event for the people who attend.

Our price includes entrance, staff and door to door transport ☺

Wednesday 2nd 16th & 30th

TWO LEFT FEET ~ Led by a professional dance tutor £24 pp

New location!!! The Silverdale Youth Centre in Earley.

Fun, easy to learn lessons, no partner needed. A great way to promote exercise in a fun environment!!!



£24 pays for your entry fee, transport both ways and our skilled staff support – we currently have capacity to accept some new bookings!!!

OR £4 pp if you have your own staff/transport.

7.30-8.30 session times

Please bring money if you wish to purchase refreshments/snacks from the Tuck Shop – diet drinks 70p Low fat crisps 30p

Held every Thursday evening

The Next Step Disco Night 7-9pm



Thursday of every month, with Bar and food available

£30 including entrance and transport

A social club with music and dancing for people with learning disabilities

Our skilled and experienced staff can support you and transport you both ways.

Please note the club does not run on the 3rd Thursday of every month so we take the group bowling instead

Thursday 3rd May

Evening swim followed by McDonalds £42 pp



Join us at the Pool in Lower Earley for a quiet swim in the family pool, and practice your swimming strokes. Swimming is a great way to exercise and have fun!!

We are going to have tea at McDonalds, where a variety of healthy or not so healthy options is available, before heading Home.

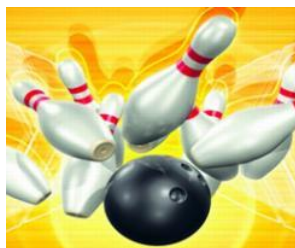
£3 cash to be paid directly to supporting staff for food.

What a great start to the week!!

Pick up times from 6pm depending on location, return from 8.45pm

Thursday 3rd & 17th May

BOWLING EVENING £30 pp



It's Wednesday Night – let's go bowling ~ Come and join in the fun!! We usually play two bowling games, can you be the best?

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

Transport times to be confirmed.

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

Pick up from 6pm – return from 9pm approximately.

Friday 4th & 18th May

Bingo & Fish & chips supper £17 pp



BACK BY POPULAR DEMAND!!! 7-9pm

Our Bingo and Fish & Chips Night. So why not join us at the Westmead Centre for an evening of 'Eyes down' and get ready to shout 'House'.

Then relax and unwind with some music while we organise a Fish/Sausage and chips supper with dessert and a soft drink for you. There are a range of choices available on the night



All are welcome! Book now – limited availability.

Additional £5 for transport or you are welcome to drop your family member off

Saturday 5th

FUN COOKING £50pp



Get your taste buds ready to go!!! Get creative in the kitchen! Join our friendly staff on Saturday 10-3pm* for a full day of activities at Westmead Community Centre. The classes are run by our experienced staff, we cook our lunch and then we make something really yummy to take home!

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

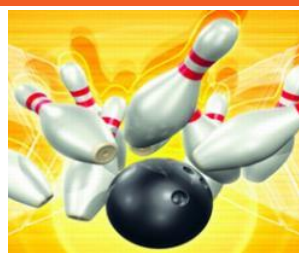
If you require transport, this will be an extra £5.

*The day will start and end later for those requiring transport. 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

Sunday 6th & 20th

BOWLING £53 pp



Two teams competing against each other – Certificates awarded to best player/team. Come and join in the fun!! Transport is available. Alternatively you can meet us at the entrance of the Bowling Alley. We play a bowling game, then we go for some lunch and a drink and the new have another game of bowling before heading home.

10.30am-2pm* session time

Additional **£7** for transport. Transport times to be confirmed.

£4 cash required to include lunch – money to be paid to staff upon collection/arrival

Please bring money if you wish to purchase additional refreshments in the bowling alley

Bank Monday 7th May

Emergency Services Day @ Brooklands Museum £97.50 pp



If you love fire engines and police cars, ambulances and rescue vehicles then this is the event for you!! Every conceivable vehicle and pieces of apparatus used in the emergency services will grace the Museum site in an impressive line-up of display vehicles.

This event continues to grow in popularity and presents an exciting but safe environment for you to witness the serious nature of what men and women do all over the country every day to make our world safe and save lives. Get up close to the forces and chat to experts about their particular field.



GENERAL SUPPORT ONLY


Saturday 12th May

Roves Farm Visitor Centre £80 pp



Roves Farm has a large range of Farm Animals including, Sheep, Donkeys, Shetland Ponies, Highland Cattle, Goats and Pigs. There are always piglets running around, along with lambs or baby goats to bottle feed! And for those that like a cuddle, Pets Corner is full of rabbits, guinea pigs and chicks to handle!

Activities: include Outside Adventure Play Area (including sandpit, slides, swings and climbing ropes), 2 Acre Willow Maze with a quiz sheet, Family Walk past animal paddocks with an activity sheet and Animal Racing during weekends and school holidays. We'll be having lunch and a drink in the Granary Tearoom, which serves hot and cold light snacks, made fresh to order, including sandwiches, baguettes, paninis, jacket potatoes. It has a large range of Dairy and **Gluten Free** options available, which are clearly marked on the menu.

 £4 client contribution

Wheelchair Access throughout and on most Tractor Rides.



Saturday 12th May

Gravity Force – Trampolining £72 pp



We are heading to Gravity Force in Camberley for some bouncing fun!!! It features over 50 interconnected trampolines of all shapes and sizes, blocks, boxes and angled trampolines that let you literally bounce off the walls.

A huge foam pit that contains over 6,000 purple and yellow cubes of foam! And more!!

Limited spaces – book NOW! A Waiver will need to be signed prior to attending the event

Please note this is a general session, where we will mix with other members of the public, including children.

We are heading to McDonalds afterwards for some lunch and a walk around Mill Pond before returning home.

£3 cash required for food to be given directly to supporting staff.

Approximate timing for the day 10.30 – 3.30pm

Sunday 13th May

Snow tubing at John Nike followed by lunch £75 pp



Snow-Tubes are large inflatable rings which can be spun and linked together to slide down the slope. Snow-Tubes are safe, fun and always popular with all ages. No prior experience needed! Simple stroll up the slope with your tube, get on and enjoy the ride. After an action packed hour on the slopes we are heading to the Weather Vane for a

meal and a drink.

Lunch includes a main, dessert & a drink.

Client contribution £7. Approx 10-3.30pm

Sunday 13th May

Cinema and Frankie & Benny's £73 pp



Join us at the Showcase in Earley for a morning screening of **SHERLOCK GNOMES** in a relaxed, informal setting specifically for those with special needs:

The lights will be on low, the volume will be turned down

There will be no trailers at the beginning of the film

You'll be able to take your own food and drinks

You'll be able to move around the cinema if you like

After the film we are going for lunch at Frankie & Benny's , a firm favourite for all, where we'll have some pizza/pasta and a drink, gluten free options are available!!

Film starts 10am Approximate timings of the day 9 – 2.30pm

£7 to be paid directly to staff on the day to cover the food.

Monday 14th & 28th May

Bracknell Forest Spa £40 pp 7-9pm



Enjoy the health benefits of hydrotherapy and soothe those aching muscles and joints in the relaxing Forest spa. We'll have access to the whirlpool and the hot tub, lovely and warm at 36 degrees! We will also be able to take advantage of the loungers and chill out area, where we will relax on the comfy recliners. Forest Spa has a sauna and a steam room, along with some exhilarating showers to wash away the day in their exclusive changing area.

When we have done with all that relaxing, we are going to head to KFC, for a spot of supper before heading home. This is a great activity if you need to learn to slow down and relax – the perfect end to a busy day!

Pick-ups from approx. 5.30pm **£5 to be paid directly to staff on the day for food.**

Thursday 17th May

Evening swim followed by Burger King £42 pp



Join us at the Carnival Pool in Wokingham for a quiet swim in the family pool, and practice your swimming strokes. Swimming is a great way to exercise and burn off that Christmas excess!!

We are going to have tea at Burger King, where a variety of healthy or not so healthy options is available, before heading home.

What a great start to the week!!

£3 to be paid directly to staff on the day for food.

Pick up times from 6pm depending on location, return from 8.45pm

Saturday 19th May

Amners Farm £80



Amners Farm is set just outside the village of Burghfield, near Reading. There are lots of activities and things to see at the Lambing weekends which offer an exciting day out.



Not only will you be able to see lambs being born, but there are also a host of other exciting activities including pony rides, archery, an area where you can hold chicks and lambs, miniature railway rides, tractor and trailer rides, craft stalls and much more.

We will take advantage of the many picnic areas to enjoy our packed lunches, and keep our fingers crossed for a dry day!



Monday 21st May

Cinema trip followed by McDonalds £52 pp



An appropriate film and cinema location will be selected nearer the time – the cinema screenings change weekly so I cannot guarantee the film that will be showing until nearer the event.

Join us for an action packed drama followed by a visit to one of our favourite haunts. McDonald's, for a burger and chips!!

Approximate timings 6-9.30pm to be confirmed

£3 to be paid directly to staff on the day for food.

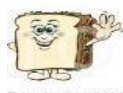
Friday 25th May Training day

Buckleberry Farm Park £85pp



Every day is an adventure at Buckleberry Farm Park with new arrivals on the farm yard throughout the year, baby lambs to bottle feed in spring, goat kids, rabbits and guinea pigs to cuddle and piglets to watch. Visitors are also guaranteed fun in the adventure playground, on the jumping pillow, pedalled go-karts, and den-building area.

Latest research shows that just five minutes of exercise in a “green space” such as a farm park can boost physical and mental health. Interacting with animals is also proven to help us emotionally, lifting the spirits and giving an insight into the natural world*



Places are limited – Book Now!


Saturday 26th May

Coral Reef Waterworld £75



Coral Reef Waterworld is a free form leisure pool. It is kept at a temperature of 29°-31°C so its lovely and warm. During school holidays/weekends, there is a guaranteed 2 hour session in the water. If you are a thrill seeker, discover the amazing waterslides . From the gentle Aqua Splash, to the stormy Maelstrom, there is something for everyone. Or you can explore the Coralina pirate ship to fire water cannons and ride its slide. There’s an erupting volcano, and a fast flowing water around the disco island rapid channel. And let’s not forget the Lazy River and the relaxing poolside spa pools for the less adventurous.

After all that splashing fun, we will stop at KFC on the way home

 **£3 to be paid directly to staff on the day for food**
Approx timings – first pick up 9.30am Drop offs from 2.30pm

Saturday 26th May

Lunch followed by a Trip on the River Time Boat £95 pp



We're going to head for Henley for a walk by the river before heading to the Catherine Wheel for an early lunch, which will include a main course, dessert and a drink. We are then going to spend the afternoon cruising down the Thames on a spacious, purpose-designed 42-foot boat named 'Rivertime', which is equipped with a ramp and a lift for wheelchairs. There is a toilet for the disabled and a large saloon with a sliding roof for sunny days. Messing about on the river is huge fun and all the necessary rules and regulations are followed to ensure a safe trip.

On this particular trip, 1:1 support is necessary for anyone in a wheelchair due to the nature of the activity **£175 for 1:1 support for the day.**

Packed lunch required. Appropriate warm, wind proof clothing required, and sensible foot wear. Client contribution for lunch £4

Timings of day – first pick up 9.30 am. Drop off's from approx. 5pm

Sunday 27th May

Day Trip to Sunshine Music Festival £100 pp



Sun Shine Fest is a brand new family festival in Padworth, Berkshire. Join us to welcome the summer of 2018 (fingers crossed!), with some of the greatest all-time family music, multi-million selling 80s artists including Dr & the Medics, and Katrina & the Waves, and tributes for Little Mix, Ed Sheeran, Katy Perry, Take That, as well as a silent disco, film tent, fun fair and more!

Please bring your own money for drinks and attractions



Timings of day – first pick up 11am. Drop off approx. 8-8.30pm - sorry!! I have to let the staff go home!!

Sunday 27th May

Flower Arranging at Westmead £65pp.



Come and join our friendly staff at Westmead for our flower arranging activity!! This fantastic session, which has limited availability, will involve going to pick the flowers from the flower shop, then coming to the Centre to learn the different methods of flower arranging. There is much to learn and you can turn a



simple bouquet into so much more!

Once we have made our beautiful creations, which will get to be taken home, we are going to have 'High Tea' for lunch will consist of various sandwiches, cakes and tea/coffee/juice. Sounds like a heavenly Sunday – care to join us?

Activity time 10-3pm. Transport is an additional £5

Come and see our fantastic Learning Disabilities Day Services!

If your son/daughter is 18+ and you are looking for activities during the week in the holidays, why not visit us at LD day services and see what we have to offer!

We have a wide range of activities to suit all abilities and level of need. We can offer skilled and experienced staff to support our clients, and we offer all levels of support.

There are 3 locations in which we are based:

Earley – based at the Crescent Centre

Woodley – at Haddon Park Drive

Wokingham – at Acorn Community Centre, Woosehill

There is a variety of activities available, from music based activities to communication, swimming, drama based groups, community outings, conservation and horticulture opportunities, and much, much more. – please call our main telephone line 0118 9899750 - our friendly admin team will put you in touch with the appropriate Manager, or visit our pages on www.optalis.org for further information.