



Sarah made a beautiful bouquet in Flower Arranging

July 2018
Out & About

Out & About – where friendships are made 😊

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 10-3 Thurs & Fri 10-2pm) 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.

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Sunday 1st July

Lunch & Chalkhouse Farm Open Day £68 pp



We are going to start the day with an Sunday lunch 12pm, at Toby in Reading before heading to the Open day located in Kidmore End, which starts at 2pm, and includes a traditional farmstead & gardens, guided trailer rides & rare breeds, something for everyone. Waiting to meet you are working horses including rare Suffolk Punch horses & Jack the shire, Marigold the curly coated pig, her friend Alice the Berkshire sow & all the British White calves. Talks about the farm and their work for the Soundabout charity, with the exciting new 'Sounds of Intent' initiative, evaluating the beneficial effects of music for disabled children and adults.

Working demonstrations of heavy horses & vintage tractors, British White cattle, pigs, geese, ducks, living beehives and donkey rides. Plant sale, cream teas, tractor & trailer rides.

£140 for 1:1 support

Timings of day – first pick up 10.30am. Drop off approx. 5.30pm

Tuesday 3rd July

EVENING DINNER AT Zizzi'S £45 pp



Calling all pasta & pizza lovers out there!!! This one is for you!! In response to customer demand for more variety in our meal options, we are heading to Zizzi's in Wokingham to have some Mediterranean cuisine. This social evening provides the opportunity to sit down, and enjoy some good food in great company – why not join us?!

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

£10 cash to be given to staff for main meal, dessert and 1 drink

Transport times start at approximately 6pm to allow us to sit down for 7pm.
Return times from 8.45pm onwards

Saturday 7th & 21st July

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

Saturday 7th July

Day Trip to Littlehampton £85 pp



Join us for some fun at the sea side –we are going to start the day by visiting Harbour park, a local amusement park, where we will be riding the fairground attractions! We will buy the ‘unlimited rides’ wristbands so you



can have as many goes as you like!

We are then heading to the beach for some complete relaxation, having a picnic, dipping our toes or taking a swim! If we are unlucky with the weather there are plenty of indoor things to do, such as the lifeboat museum or Littlehampton museum, as well as looking round the shops.



Please bring your swimwear and a towel, as well as a packed lunch.

Approximate pick up times 8-9am and return times 6-7pm

Sunday 8th July

Cinema and Frankie & Benny's £73 pp



Join us at the Showcase in Earley for a morning screening of 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.

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. **Not supporting on 3rd due to alternative activity**

Our price includes entrance, staff and transport

Saturday 14th July

DAY TRIP TO MARWELL ZOOLOGICAL PARK & GARDENS £95 pp



Explore Marwell Zoo and get closer to the wonders of the natural world.

There's 100s of animals – including giraffes, tigers & penguins- to see

Marwell is set in a 140 acre park, it includes a train and 3 adventure playgrounds

There's daily talks and the chance to see some animal feeds



approximate timings of the day 8.30 first pick-up – 5.30-6pm drop off

Saturday 14th July

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

Sunday 15th July

Fisheries Adventure Farm Park

£80pp



Fishers Farm has over 40 rides and attractions on offer for a jam-packed day out, such as, Tractor Rides, Ghost Tunnel, Climbing Wall, Devils Dyke Descent, Farm Shows, Fishers Castle and Maze, and so much more! The Animal Encounters



Barn is an animal-lovers heaven, home to lambs, goat kids, chicks, rabbits, horses, sheep, cows, pigs and more – if we're lucky, we might even get to meet a few in their daily Animal Handling Sessions!



Sunday 15th July

Flower Arranging at Westmead

£65pp.



Come and join our friendly staff at Westmead for our brand new 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 Saturday – care to join us?

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

Monday 16th July

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.

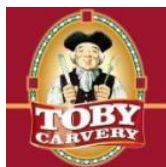
£3 cash to be paid directly to supporting staff for food.

What a great start to the week!!

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

Thursday 19th July

Evening out with friends 😊 £38 pp



This social evening provides the opportunity to sit down, and enjoy some good food in great company – why not join us at Toby Carvery, a firm favourite with all?!

Our evening includes a main meal, dessert and a drink, as well as our bespoke door to door service from our skilled and experienced staff team.

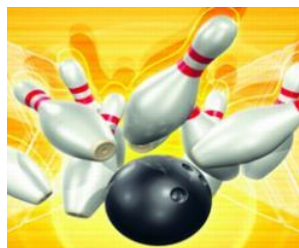
Please enquire for costing regarding 1-1 support

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

Approximate pick-ups from 5.45pm, Meal at 7pm,
return times approx. 8.45 onwards

Thursday 19th July

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

Sunday 22nd July

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.

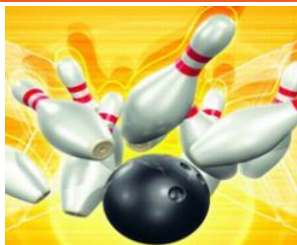
We are heading to McDonalds afterwards for some lunch and a walk around Mill Pond before returning home.

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

Approximate timing for the day 10.30 – 3.30pm

Sunday 22nd & 29th July

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 then 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

Wednesday 25th July

NT Cliveden House & Gardens £85pp



Join us for a lovely day of relaxing and walking, enjoying a picnic in the grounds of Cliveden, located near Marlow. We are going to have a lovely relaxing time exploring the gardens and woodland. The formal gardens give way to secluded glades, tree-lined avenues and picturesque riverside with miles of woodland walks to discover. We are going to explore the Cliveden Maze. The impressive Maze took two years to create and is a re-creation of a maze designed and built for Lord Astor, the former owner of Cliveden, in 1894.



Approximately 9 – 3.30pm

Places are limited due to staff training day – Book Now!

Saturday 28th July

Adventure Golf £70pp



Located in Addlestone, Top Golf have a brand new Adventure golf course for 2018 course featuring 14 fun-filled holes; each challenging your putting skills, and testing your nerve! Pick up a scorecard and compete with your friends to walk away as adventure golf champ!!



Sunday 29th July

Lunch at followed by Thorpe Lakes Aqua Park £80 pp



We will start our exciting day with lunch at the Olde Manor in Bracknell before heading to the water park, located in Surrey, which will be approx ½ hour drive. Thorpe Lakes is an inland water sports resort. Thorpe Lakes aqua park is filled with inflatables such as floating islands, flippers, slides, climbing walls and rope swings. The aim is to provide a challenging, fun and safe water-based

outdoor experience for children and adults.

Compulsory buoyancy aids included. Guests can wear swimming costumes, tightly fitting clothing, gym kit or a wetsuit (hire included). Only four places available due to higher staffing ratio. **All attendees need to be able to swim 50m unassisted with a life jacket.**



client contribution £5

Timings of day – first pick up 10.30am. Drop off approx. 4.30-5pm

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.