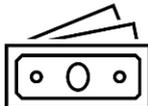


## Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

### Time Out Group activities 19<sup>th</sup> February – 24<sup>th</sup> February

<b>Monday 19<sup>th</sup>,</b> 10:30am-12:30pm, TOG Hub	<b>Enterprise</b> Social enterprise - making and selling items	
<b>Monday 19<sup>th</sup>,</b> 12:50pm-4:15pm, (meet at Hub)	<b>TOG weekly trip</b> Birds of prey – <b>FULLY BOOKED</b>	
<b>Tuesday 20<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening	
<b>Wednesday 21<sup>st</sup>,</b> 6pm-8:30pm, Wilmslow URC	<b>Active Wednesday</b> Gym, sports and games	
<b>Thursday 22<sup>nd</sup>,</b> 6pm-8:30pm, TOG Hub	<b>Thursday social</b> Singing for fun	
<b>Friday 23<sup>rd</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Foodie Friday</b> Fakeaway	
<b>Saturday 24<sup>th</sup>,</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> Musical moments	
<b>Contact numbers:</b>	Abbie – 07456374646 Debbie – 07429119004 Office – 01625 520652	