

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

Time Out Group activities 11th March – 16th March

Monday 11th, 10:30am-12:30pm, TOG Hub	Animation Multimedia project – animation with Matt	
Monday 11th, 12:45pm-2:30pm, Handforth (meet at Hub)	TOG weekly trip McLaren garage – FULLY BOOKED	
Tuesday 12th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 13th, 6pm-8:30pm, TOG Hub	Active Wednesday Indoor games	
Thursday 14th, 6pm-8:30pm, TOG Hub	Thursday social Battleships	
Friday 15th, 10:30am-3:30pm, TOG Hub	Foodie Friday Red nose day theme	
Saturday 16th, 11am-2:30pm, TOG Hub	Creative Saturday Spring/Easter crafts	
Contact numbers:	Abbie – 07456374646 Debbie – 07429119004 Office – 01625 520652	