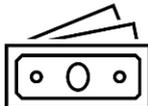


Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

Time Out Group activities 13th May – 18th May

Monday 13th, 10:30am-12:30pm, TOG Hub	Enterprise Social enterprise - making and selling items	
Monday 13th, 12:45pm-4:30pm, Trafford centre (meet at Hub)	TOG weekly trip Adventure golf	
Tuesday 14th, 10:30am-3:30pm, TOG Hub	Together Time Flower pot making	
Wednesday 15th, 6pm-8:30pm, TOG Hub / park	Active Wednesday Tennis Sue	
Thursday 16th, 6pm-8:30pm, TOG Hub	Thursday social Battleships	
Friday 17th, 10:30am-3:30pm, TOG Hub	Foodie Friday Healthy choices	
Saturday 18th, 11am-2:30pm, TOG Hub	Creative Saturday Arts and crafts	
Contact numbers:	Abbie – 07456374646 Anna – 07365520459 Debbie – 07429119004 Yvonne – 07735869719 Office – 01625 520652	