

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

**Time Out Group activities 27<sup>th</sup> May – 1<sup>st</sup> June**

<b>Monday 27<sup>th</sup></b>	<b>CLOSED</b>	
<b>Tuesday 28<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time and percussion</b> Wellbeing activities and gardening	
<b>Wednesday 29<sup>th</sup>,</b> 6pm-8:30pm, Seashell Trust	<b>Active Wednesday</b> Cycling at Seashell Trust	
<b>Thursday 30<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub	<b>Thursday social</b> Disco	
<b>Friday 31<sup>st</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Foodie Friday</b> Biscuit baking	
<b>Saturday 1<sup>st</sup>,</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> D-day theme	
<b>Saturday 1<sup>st</sup>,</b> 12pm-9pm, Handforth Youth centre	<b>D-day event</b> FREE community event	
Contact numbers:	Abbie – 07456374646 Anna – 07365520459 Debbie – 07429119004 Yvonne – 07735869719 Office – 01625 520652	