







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

Time Out Group activities 6th May – 11th May

Monday 6th, 10:30am-12:30pm	CLOSED MAY BANK HOLIDAY	
Tuesday 7th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 8th, 6pm-8:30pm, TOG Hub / park	Active Wednesday Outdoor games (weather dependent)	
Thursday 9th, 6pm-8:30pm, TOG Hub	Thursday social Picture quiz night	
Friday 10th, 10:30am-3:30pm, TOG Hub	Foodie Friday Healthy choices	
Saturday 11th, 11am-2:30pm, TOG Hub	Creative Saturday Arts and crafts	
Contact numbers:	Abbie – 07456374646 Anna – 07365520459 Debbie – 07429119004 Yvonne – 07735869719 Office – 01625 520652	