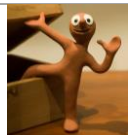




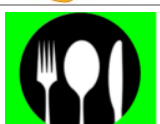



Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

Time Out Group activities 3rd June – 8th June

Monday 3rd, 10:30am-12:30pm, TOG Hub	Animation More animating fun	
Monday 3rd, 12:45pm-3:45pm, Knutsford (meet at Hub)	TOG weekly trip Tree of imagination / garden centre – PLACES TBC	
Tuesday 4th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 5th, 6pm-8:30pm, Park	Active Wednesday Tennis Sue	
Thursday 6th, 6pm-8:30pm, TOG Hub	Thursday social Singing for fun	
Friday 7th, 10:30am-3:30pm, TOG Hub	Foodie Friday Healthy choices with Tennis Sue	
Saturday 8th, 11am-2:30pm, TOG Hub	Creative Saturday Arts and crafts	
Contact numbers:	Abbie – 07456374646 Anna – 07365520459 Debbie – 07429119004 Yvonne – 07735869719 Office – 01625 520652	