

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

Time Out Group activities 23rd September– 28th September

Monday 23rd, 10:30-12:30pm, TOG Hub	Monday Makes Enterprise shop / Puppet theatre	
Monday 23rd, Meet at TOG Hub 12:45pm, pick up from Hub 3pm	TOG Weekly Trip Woodford Garden Centre	
Tuesday 24th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 25th, 6pm-8:30pm Hub / Park	Active Wednesday Seashell bike track	
Thursday 26th, 6pm-8:30pm, TOG Hub	Social Thursday Singing for Fun	
Friday 27th, 10:30am-3:30pm, TOG Hub	Foodie Friday Tesco Shop and Café	
Saturday 28th, 11am-2:30pm, TOG Hub	Creative Saturday Musical Moments	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	