









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

Time Out Group activities 13th January – 18th January

Monday 13th, 10:30-12:30pm, TOG Hub	Monday Makes TOG Shop / Photobooth project	
Monday 13th, Meet at TOG Hub 12:45pm, pick up from Hub 3:30pm	TOG weekly trip, Woodford Garden Centre	
Tuesday 14th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities & gardening	
Tuesday 14th, 4:30pm-6:30pm, Sandbach Town Hall	Sandbach Drama Fun Drama based activities	
Wednesday 15th, 6pm-8:30pm, TOG Hub	Active Wednesday Indoor Games	
Thursday 16th, 6pm-8:30pm, TOG Hub	Social Thursday Scamming Awareness / Karaoke	
Friday 17th, 10:30-3:30, TOG Hub	Foodie Friday Healthy eating and cooking skills	
Saturday 18th, 11am-2:30pm, TOG Hub	Creative Saturday Winter Arts & Crafts	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	