



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

Time Out Group activities 6th January – 11th January

Monday 6th, 10:30-12:30pm, TOG Hub	Monday Makes TOG Shop / New Year plans	2025
Tuesday 7th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities & gardening	
Tuesday 7th, 4:30pm-6:30pm, Sandbach Town Hall	Sandbach Drama Fun Drama based activities	
Wednesday 8th, 6pm-8:30pm, TOG Hub	Active Wednesday Tennis Sue	
Thursday 9th, 6pm-8:30pm, TOG Hub	Social Thursday 2025 Yearly Plan / Picture Quiz	
Friday 10th, 10:30-3:30, TOG Hub	Foodie Friday Healthy eating and cooking skills	
Saturday 11th, 11am-2:30pm, TOG Hub	Creative Saturday Winter Arts & Crafts	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	

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Luxome

Working together for greater independence

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