









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

Time Out Group activities 17th February – 22nd February

Monday 17th, 10:30-12:30pm, TOG Hub	Monday Makes TOG Shop project	
Monday 17th, Meet at TOG Hub at 12:45pm, pick up from Hub 3:45pm	TOG weekly trip, Team meal at The Railway	
Tuesday 18th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities & gardening	
Tuesday 18th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)	Sandbach Drama Fun Drama based activities	
Wednesday 19th, 6pm-8:30pm, Wilmslow URC	Active Wednesday Indoor Games	
Thursday 20th, 6pm-8:30pm, TOG Hub	Social Thursday Languagility	
Friday 21st, 10:30-3:30, TOG Hub	Foodie Friday Healthy eating and cooking skills	
Saturday 22nd, 11am-2:30pm, TOG Hub	Creative Saturday Giant Colouring	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	