








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

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| Monday 24th, 10:30am-12:30pm, TOG Hub | Monday Makes Social enterprise - making and selling items |  |
| Monday 24th, 1:45pm-5:30pm, Stockport (meet at Hub) | TOG weekly trip Snow White at the cinema – FULLY BOOKED |  |
| Monday 24th, 6pm - 8pm, Poynton Civic Hall | Media (Poynton) Exciting media focussed sessions |  |
| Tuesday 25th, 10:30am-3:30pm, TOG Hub | Together Time Wellbeing activities and gardening |  |
| Tuesday 25th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom) | Drama (Sandbach) Fun Drama based activities |  |
| Wednesday 26th, 6pm-8:30pm, Wilmslow URC | Active Wednesday Gym, sports and games |  |
| Thursday 27th, 6pm-8:30pm, TOG Hub | Thursday social Disco |  |
| Friday 28th, 10:30am-3:30pm, TOG Hub | Foodie Friday Healthy eating and kitchen skills |  |
| Saturday 29th, 11am-2:30pm, TOG Hub | Creative Saturday Springtime painting |  |



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Time Out Group activities

Supported as Charity of the Year 2023 by



Working together for greater independence

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