










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

Time Out Group activities 31st March – 5th April

<p>Monday 31st, 10:30-12:30pm, TOG Hub</p>	<p>Monday Makes TOG Shop</p>	
<p>Monday 31st, Meet at TOG Hub 12:45pm-3pm</p>	<p>TOG weekly trip, Garden centre</p>	
<p>Monday 31st, 6pm - 8pm, Poynton Civic Hall.</p>	<p>Media (Poynton) Exciting media focussed sessions</p>	
<p>Tuesday 1st, 10:30am-3:30pm, TOG Hub</p>	<p>Together Time Wellbeing activities and gardening</p>	
<p>Tuesday 1st, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)</p>	<p>Drama (Sandbach) Fun Drama based activities</p>	
<p>Wednesday 2nd, 6pm-8:30pm, TOG Hub/park (weather dependant)</p>	<p>Active Wednesday Games</p>	
<p>Thursday 3rd, 6pm-8:30pm, TOG Hub</p>	<p>Social Thursday Musical moments</p>	
<p>Friday 4th, 10:30-3:30, TOG Hub</p>	<p>Foodie Friday Farm shop and stew</p>	
<p>Saturday 5th, 11am-2:30pm, TOG Hub</p>	<p>Creative Saturday Easter crafts</p>	
<p>Contact numbers:</p>	<p>Office – 01625 520652 Abbie – 07456374646 Debbie – 07429119004 Yvonne – 07735869719</p>	