




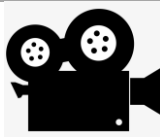




Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

Time Out Group activities 28th April – 3rd May

Monday 28th, 10:30-12:30pm, TOG Hub	Monday Makes TOG Shop	
Monday 28th, 12:45pm-3pm, Meet at TOG Hub	TOG weekly trip, Australian crazy golf	
Monday 28th, 6pm - 8pm, Poynton Civic Hall.	Media (Poynton) Media focussed sessions	
Tuesday 29th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 30th, 6pm-8:30pm, Seashell Trust (meet in car park)	Active Wednesday Seashell bike track	
Thursday 1st, 6pm-8:30pm, TOG Hub	Social Thursday Film night	
Friday 2nd, 10:30-3:30, TOG Hub	Foodie Friday Healthy eating – smoothies and salad art lunch	
Saturday 3rd, 11am-2:30pm, TOG Hub	Creative Saturday VE Day theme	
Contact numbers:	Office – 01625 520652 Abbie – 07456374646 Debbie – 07429119004 Yvonne – 07735869719	