



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

Time Out Group activities 16th February – 21st February 2026

Monday 16th 10:30-12:30pm, TOG Hub	Monday Makers Chairty shops / stock check TOG Shop 11am-12md	
Tuesday 17th 10:30am-3:30pm, TOG Hub Tuesday 17th SANDBACH 4.30pm - 6.30pm	Together Time Wellbeing activities and gardening Pancake day/Chinese Newyear The Ballroom Town Hall DRAMA	 
Wednesday 18th 6pm-8:30pm, TOG Hub	Active Wednesday Indoor games	
Thursday 19th 6pm-8:30pm, TOG Hub	Social Thursday Creative writing	
Friday 20th 10:30-3:30, TOG Hub	Foodie Friday Theme Pancake Day /Chinese Newyear	 
Saturday 21st 11am-2:30pm, TOG Hub	Creative Saturday Chinese Newyear	
Contact numbers:	Office – 01625 520652 Yvonne – Libby - Kirsten – Emma - 07507728624	



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