



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

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

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

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T: 01625 520652 W: [www.timeoutgroup.org.uk](http://www.timeoutgroup.org.uk)  
Time Out Group, 26 The Paddock, Handforth, Cheshire East, M20 9 3J  







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