

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

Time Out Group activities 9th February – 14th-February 2026

Monday 9th 10:30-12:30pm, TOG Hub Monday 9th HANDFORTH ****NEW**** 1pm-3pm TOG Hub	Monday Makers Wooden Bookmarks TOG Shop 11am-12md Drama HANDFORTH With Phil	
Tuesday 10th 10:30am-3:30pm, TOG Hub Tuesday 10th SANDBACH 4.30PM-6.30PM	Together Time Wellbeing activities and gardening Relationships and Valentine The Ballroom SANDBACH Drama	 
Wednesday 11th 6pm-8:30pm, TOG Hub	Active Wednesday Games	
Thursday 12th 6pm-8:30pm, TOG Hub	Social Thursday Valentine Disco	
Friday 13th 10:30-3:30, TOG Hub	Foodie Friday Theme French Food	
Saturday 14th 11am-2:30pm, TOG Hub	Creative Saturday Valentine Crafts	
Contact numbers:	Office – 01625 520652 Yvonne – Libby - Kirsten – Emma - 07507728624	