



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

### Time Out Group activities 9th February – 14<sup>th</sup>-February 2026

Monday 9th 10:30-12:30pm, TOG Hub	Monday Makers Wooden Bookmarks TOG Shop 11am-12md	
Monday 9th <b>HANDFORTH ****NEW****</b> 1pm-3pm TOG Hub	Drama <b>HANDFORTH</b> With Phil	
Tuesday 10th 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening Relationships and Valentine	
Tuesday 10 <sup>th</sup> <b>SANDBACH</b> 4.30PM-6.30PM	The Ballroom <b>SANDBACH</b> 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	

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