

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

Time Out Group activities 15<sup>th</sup> June – 20<sup>th</sup> June

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| Monday 15 <sup>th</sup> June 10am – 12.30pm  | Monday Makers Plant Pots<br>TOG Shop 11am-12md   |   |
| Monday 15 <sup>th</sup> June 1pm – 3pm Handforth Drama                                       | With Phil  |   |
| Tuesday 16 <sup>th</sup> June<br>10:30am-3:30pm, TOG Hub                                     | Together Time<br>Wellbeing activities and gardening<br>Exercise Body & Mind Julia AM   |   |
| Tuesday 16 <sup>th</sup> June SANDBACH DRAMA<br>4.30-6.30pm                                  | Drama The Ballroom Town Hall   |    |
| Wednesday 17 <sup>th</sup> June TOG Trip   | Active Wednesday<br>Seashell Trust Bikes   | <br> |
| Thursday 18 <sup>th</sup> June<br>6pm-8:30pm, 30 Wilmslow Rd, Handforth,<br>Wilmslow SK9 3EW | Social Thursday<br>Bulls head Pub meet there 6pm collect from pub 8pm onwards  |   |
| Friday 19 <sup>th</sup> June<br>10.30am-3.30pm TOG Hub                                       | Foodie Friday<br>Theme Portuguese food   |   |
| Saturday 20 <sup>th</sup> June<br>11am-2.30pm TOG Hub  | Creative Saturday<br>Theme Camping   |   |
| Contact numbers:   | Office – 01625 520652<br>Yvonne – <b>NUMBER 07517274386</b><br>Emma - <b>NUMBER 07517274623</b><br>Kirsten – <b>NUMBER 07517274351</b><br>Stephen - <b>NUMBER 07517274565</b> Outreach |   |

**Working together for greater independence**

Supported as Charity of the Year 2023 by

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**Luxome**

