








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

Time Out Group activities 29<sup>th</sup> June – 4<sup>th</sup> July

<p><b>Monday 29<sup>th</sup> June</b> 10am -12.30pm</p> <p><b>Monday 29<sup>th</sup> June Handforth Drama</b> 1pm -3pm</p>	<p><b>Monday Makers Upcycling</b> TOG Shop 11am-12md</p> <p><b>With Phil</b></p>	
<p><b>Tuesday 30<sup>th</sup> June</b> 10:30am-3:30pm, TOG Hub</p> <p><b>Tuesday 30<sup>th</sup> June SANDBACH DRAMA</b> 4.30-6.30pm</p>	<p><b>Together Time</b> Wellbeing activities and gardening <b>Animals</b></p> <p><b>Drama The Ballroom Town Hall</b></p>	
<p><b>Wednesday 1<sup>st</sup> July</b> 6pm – 8.30pm TOG Hub/Park</p>	<p><b>Active Wednesday</b> <b>Games</b></p>	
<p><b>Thursday 2<sup>nd</sup> July</b> 6pm-8:30pm, TOG Hub</p>	<p><b>Social Thursday</b> <b>Creative writing with Phil</b></p>	
<p><b>Friday 3<sup>rd</sup> July</b> 10.30am-3.30pm TOG Hub</p>	<p><b>Foodie Friday</b> <b>Theme Italian food</b></p>	
<p><b>Saturday 4<sup>th</sup> July</b> 11am-2.30pm TOG Hub</p>	<p><b>Creative Saturday</b> <b>World cup theme</b></p>	
<p>Contact numbers:</p>	<p>Office – 01625 520652 Yvonne – <b>NUMBER 07517274386</b> Emma - <b>NUMBER 07517274623</b> Kirsten – <b>NUMBER 07517274351</b> Stephen - <b>NUMBER 07517274565</b> Outreach</p>	

**Working together for greater independence**

Supported as Charity of the Year 2023 by

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**Luxome**

