










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

Time Out Group activities 8th June – 13th June

Monday 8 th June 10am- 12.30am	Monday Makers “what can we make to sell “ TOG Shop 11am-12md	
Monday 8 th June TOG Trip 1pm- 3.30pm	Nixons Farm	
Tuesday 9 th June 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and garden	
Wednesday 10 th June Meet at hub 10.15 return 2.30pm Handforth Wednesday 10 th June 6pm – 8.30pm TOG Hub/Park	Tatton Park Gardening Active Wednesday Games	 
Thursday 11 th June 6pm-8:30pm, TOG Hub	Social Thursday Creative writing	
Friday 12 th June 10.30am-3.30pm TOG Hub	Foodie Friday Budget and planning Ready Steady cook	
Saturday 13 th June 11am-2.30pm TOG Hub	Creative Saturday Wimbledon crafts	
Contact numbers:	Office – 01625 520652 Yvonne – NUMBER 07517274386 Emma - NUMBER 07517274623 Kirsten – NUMBER 07517274351 Stephen - NUMBER 07517274565 Outreach	

Working together for greater independence

Supported as Charity
of the Year 2023 by

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Luxome

