

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

Time Out Group activities 27th July– 1st August

Monday 27th July 10.00am- 12.30pm TOG Hub Monday 27th July Handforth Drama 1pm-3pm Tog hub	Monday Makers Visit charity shops TOG Shop 11am-12md Drama with Phil	 
Tuesday 28th July 10:30am-3:30pm, TOG Hub Tuesday 28th July SANDBACH DRAMA 4.30-6.30pm	Together Time Wellbeing activities and gardening Sports Drama The Ballroom Town Hall	 
Wednesday 29th July Meet at hub 10.15 return 2.30pm Handforth Wednesday 29th July 6pm – 8.30pm TOG Hub/Park	Tatton Park Gardening Active Wednesday Keep fit with Julia	 
Thursday 30th July 6pm-8:30pm, TOG Hub	Social Thursday Disco Summer vibe Part 2	
Friday 31st July 10.30am-3.30pm TOG Hub	Foodie Friday Budget and planning (Gyros, fajita's)	
Saturday 1st August 11am-2.30pm TOG Hub	Creative Saturday Vinyl art	
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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