

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

Time Out Group activities 3rd August – 8th August

Monday 3rd August 10am – 12.30pm Monday 3rd August Handforth Drama Note change of dates this Month only 1pm- 3pm	Monday Makers Badge making TOG Shop 11am-12md Drama with Phil	 
Tuesday 4th August 10:30am-3:30pm, TOG Hub Tuesday 4th August SANDBACH SOCIAL 4.30pm- 6.30pm	Together Time Wellbeing activities and gardening Gardening & Nature The Ballroom Town hall	 
Wednesday 5th August 6pm – 8.30pm Tog Hub	Active Wednesday Tai chi	
Thursday 6th August 6pm-8:30pm, TOG Hub	Social Thursday Creative Writing	
Friday 7th August 10.30am-3.30pm TOG Hub	Foodie Friday Air fryer experience	
Saturday 8th August 11am-2.30pm TOG Hub	Creative Saturday Abstract Art	
Contact numbers:	Office – 01625 520652 Yvonne – NUMBER 07517274386 Sarah - NUMBER 07517274623 Stephen - NUMBER 07517274565 Outreach	

Working together for greater independence

Supported as Charity
of the Year 2023 by

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