

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

Time Out Group activities 7th September – 12th September

Monday 7th Sept 10am – 12.30pm Monday 7th Sept Tog Trip 12.45 – 3.15	Monday Makers Stone painting TOG Shop 11am-12md Karaoke Railway pub Handforth	 
Tuesday 8th Sept 10:30am-3:30pm, TOG Hub Tuesday 8th Sept HANDFORTH HUB 6.00pm – 7.30PM	Together Time Wellbeing activities and gardening Hobbies & Skills ANNUAL GENERAL MEETING	 
Wednesday 9th Sept 6pm – 8.30pm Seashell Trust Stanley Road, Cheadle Hulme, Heald Green SK8 6RQ	Active Wednesday Bikes	
Thursday 10th Sept 6pm-8:30pm, TOG Hub	Social Thursday Living Lingo	
Friday 11th Sept 10.30am-3.30pm TOG Hub	Foodie Friday Ready steady cook	
Saturday 12th Sept 11am-2.30pm TOG Hub	Creative Saturday Landmarks	
Contact numbers: Office- 016250520652 Yvonne 07517274386 Monday-Friday 9am-5pm Sarah – 07517274623 Communications Operator Emma – 07507728624 Emergency contact	Senior Activity Co-ordinators Kirsten- 07517274351 Mon, Tue, Wed, Fri Hallie – 07517274320 Saturdays Yvonne 07517274386 Thurs Suzanne Sandbach 07517274401	

Working together for greater independence

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