

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

Time Out Group activities 14th Sept – 19th Sept

Monday 14th Sept 10am -12.30pm Monday 14th Sept HANDFORTH 1pm-3pm	Monday Makers Hama Beads/Badge designs TOG Shop 11am-12md Drama with Phil	 
Tuesday 15th Sept 10:30am-3:30pm, TOG Hub Tuesday 15th Sept SANDBACH DRAMA 4.30-6.30pm	Together Time Wellbeing activities and gardening Exercise Body & Mind Julia am Drama The Ballroom Town Hall	 
Wednesday 16th Sept 6pm – 8.30pm Hub/Park	Active Wednesday Games evening	
Thursday 17th Sept 6pm-8:30pm, TOG Hub	Social Thursday Musical moments	
Friday 18th Sept 10.30am-3.30pm TOG Hub	Foodie Friday Budget & Planning	
Saturday 19th Sept 11am-2.30pm TOG Hub	Creative Saturday Australian Art	
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

Supported as Charity
of the Year 2023 by

T: 01625 520652 W: www.timeoutgroup.org.uk
Time Out Group, 25 The Paddock, Handforth, SK9 3HQ | Charity number: 1161863