

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

Time Out Group activities 5th October – 10th October

Monday 5th October 10am – 12.30pm Monday 5th October Tog Trip 1pm – 3.30pm Meet at the hub / pick up the hub	Monday Makers Garlands/Picture frame TOG Shop 11am-12md Railway pub Karaoke	 
Tuesday 6th October 10:30am-3:30pm, TOG Hub Tuesday 6th October SANDBACH SOCIAL 4.30pm – 6.30pm	Together Time Wellbeing activities and gardening Hobbies & Skills The Commons, Sandbach, CW11 1FJ. The meeting room	 
Wednesday 7th October 6pm – 8.30pm Tog Hub	Active Wednesday Tai Chi	
Thursday 8th October 6pm-8:30pm, TOG Hub	Social Thursday Handbell ringing demonstration by the Kinder Handbell ringers	
Friday 9th October 10.30am-3.30pm TOG Hub	Foodie Friday Theme Turkish food	
Saturday 10th October 11am-2.30pm TOG Hub	Creative Saturday Paint by numbers	
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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