

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

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|  <b>Monday 26<sup>th</sup> October</b><br><b>10am -12.30pm</b><br> <b>Monday 26<sup>th</sup> October Handforth Drama</b><br><b>1pm – 3pm</b>               | <b>Monday Makers</b> <b>Christmas / Christmas bags</b><br>TOG Shop 11am-12md<br><br><b>Drama with Phil</b>                                                                                                | <br><br>  |
|  <b>Tuesday 27<sup>th</sup> October</b><br><b>10:30am-3:30pm, TOG Hub</b><br> <b>Tuesday 27<sup>th</sup> October SANDBACH DRAMA</b><br><b>4.30-6.30pm</b> | <b>Together Time</b><br>Wellbeing activities and gardening<br><b>Halloween Dress up</b><br><br><b>Drama Sandbach Library, Sandbach, CW11 1FJ.</b><br><b>The meeting room</b>                              | <br><br> |
|  <b>Wednesday 28<sup>th</sup> October</b><br><b>6pm – 8.30pm SEASHELL TRUST</b><br><b>Stanley Road, Cheadle Hulme, Heald Green, Cheshire, Cheadle SK8 6RQ</b>                                                                            | <b>Active Wednesday</b><br><b>Climbing Wall Seashell Trust</b><br><b>Meeting at the entrance of the Ged Mason building</b>                                                                                |                                                                                            |
|  <b>Thursday 29<sup>th</sup> October</b><br><b>6pm-8:30pm, TOG Hub</b>                                                                                                                                                                   | <b>Social Thursday</b><br><b>Halloween Fancy Dress Disco</b>                                                                                                                                              |                                                                                            |
|  <b>Friday 30<sup>th</sup> October</b><br><b>10.30am-3.30pm TOG Hub</b>                                                                                                                                                                  | <b>Foodie Friday</b><br><b>Ready steady cook</b>                                                                                                                                                          |                                                                                            |
|  <b>Saturday 31<sup>st</sup> October</b><br><b>11am-2.30pm TOG Hub</b>                                                                                                                                                                   | <b>Creative Saturday</b><br><b>Halloween Pumpkin carving</b>                                                                                                                                              |                                                                                            |
| <b>Contact numbers:</b><br><b>Office- 016250520652</b><br><b>Yvonne 07517274386 Monday-Friday 9am-5pm</b><br><b>Sarah – 07517274623 Communications Operator</b><br><b>Emma – 07507728624 Emergency contact</b>                                                                                                             | <b>Senior Activity Co-ordinators</b><br>Kirsten- <b>07517274351 Mon, Tue, Wed, Fri</b><br>Hallie – <b>07517274320 Saturdays</b><br>Yvonne <b>07517274386 Thurs</b><br>Stephen Sandbach <b>07517274565</b> |                                                                                            |

Working together for greater independence



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Time Out Group activities 26<sup>th</sup> October – 31<sup>st</sup> October

**Working together for greater independence**

Supported as Charity  
of the Year 2023 by

T: 01625 520652 W: [www.timeoutgroup.org.uk](http://www.timeoutgroup.org.uk)

Time Out Group, 25 The Paddock, Handforth, SK9 3HQ | Charity number: 1161863

**Luxome**

