

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

Time Out Group activities 2nd November – 7th November

Monday 2nd November 10am – 12.30pm Monday 2nd November Tog Trip 1pm – 3.30pm Meet at the hub / pick up the hub	Monday Makers Christmas Decorations TOG Shop 11am-12md Railway pub Handforth Karaoke	 
Tuesday 3rd November 10:30am-3:30pm, TOG Hub Tuesday 3rd November SANDBACH SOCIAL 4.30pm – 6.30pm	Together Time Wellbeing activities and gardening Bonfire Night Activities The Ballroom Sandbach Town Hall General Knowledge Quiz	 
Wednesday 4th November 6pm – 8.30pm Tog Hub	Active Wednesday Tai Chi	
Thursday 5th November 6pm-8:30pm, Tog hub	Social Thursday Creative Writing	
Friday 6th November 10.30am-3.30pm TOG Hub	Foodie Friday Budget & Planning (Pasta Dish)	
Saturday 7th November 11am-2.30pm TOG Hub	Creative Saturday Bonfire Night Crafts	
Contact numbers: Office- 016250520652 Yvonne 07517274386 Monday-Friday 9am-5pm Sarah – 07517274623 Communications Emma – 07507728624 Emergency contact	Senior Activity Co-ordinators Kirsten- 07517274351 Mon, Tue, Wed, Fri Hallie – 07517274320 Saturdays Yvonne 07517274386 Thurs Stephen - 07517274565 Outreach	

Working together for greater independence

Supported as Charity
of the Year 2023 by

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