



Hello,

I hope your well.

My name is Darren. I recently joined the Cheshire East based Charity "*Time Out Group*"

I wanted to say hello and introduce you to "*Time Out Group*"

**What do we do?** – Time Out Group" is a fun a friendly social group for adults with learning disabilities, and or autism living in Cheshire East and the surrounding areas. We offer fun and engaging social activities, planned and led by our members.

You may have seen our members talking recently about their experiences of the lock down. Cheshire East Learning Disability Board have chosen to feature this short film on their website, hearing directly from our community. You can watch it here: [Home | Cheshire East Learning Disability Partnership Board \(cheshireeastlearningdisabilitiesboard.org.uk\)](https://cheshireeastlearningdisabilitiesboard.org.uk)

We and our members want you to know we are very much open (following C-19 government guidance and social distancing rules). New memberships are open across Cheshire East and the surrounding areas, including Stockport. Its FREE to become a member and join the fun!

For more information, about referrals and signing up please do get in touch with me, or you can contact us through [admin@timeoutgroup.org.uk](mailto:admin@timeoutgroup.org.uk)

Or you can visit us at : [www.timeoutgroup.org.uk](http://www.timeoutgroup.org.uk)

I have attached a flyer which contains more information.

Were very much looking forward to hearing from you.

Best Wishes

Darren,

**Darren Bee (pronouns- He, Him, His)**

Outreach Support Manager  
[darren.bee@timeoutgroup.org.uk](mailto:darren.bee@timeoutgroup.org.uk)  
Tel: 0786 521 5137

**Please note my working days are Tues, Weds Thurs**

Time Out Group, 25 The Paddock, Handforth, SK9 3HQ  
[www.timeoutgroup.org.uk](http://www.timeoutgroup.org.uk) Drop in contact number 01625 520652  
Charity number 1161863

Working for greater independence and happiness for adults with learning disabilities