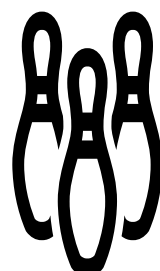
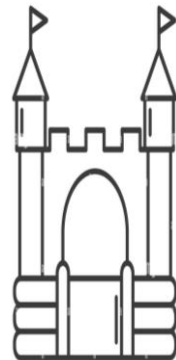


**Time Out Group – supported activities for
adults aged 18+ with learning disabilities/autism**

**TOG Trips
MAY 2025**

TOG Trips MAY 2025		
Monday 5th	NO TRIP – BANK HOLIDAY	
Monday 12th	<p>12.45pm till 4.30pm – Bowling at Parrs Wood £15</p> <p>A game of bowling, a look around the arcades, time for snacks and above all fun with friends. Please bring own money for food, drinks and arcade games. If you can meet us there, please let us know.</p>	
Monday 19th	<p>12.45pm till 3.45pm – Jump Capital £15</p> <p>This is a great adventure for everyone and anyone! There is something there for all to try. Balance beams, ninja warrior course, dodgeball, trampolines, bouncing castles, inflatable maze, slides, climbing wall and more. Suitable for all. Wear appropriate clothes for the activity. Bring own drinks or money for drinks / snacks.</p>	
Monday 26th	NO TRIP – BANK HOLIDAY	
Book your place:	<p>To book your places or for any questions please contact the Time Out Team by email at admin@timeoutgroup.org.uk</p> <p>IF YOU CAN MEET US AT ANY VENUE, PLEASE LET US KNOW AS IT MAY MEAN MORE PEOPLE CAN JOIN THE TRIP.</p> <p>ALL TRIPS ARE DROP OFF AND PICK UP AT THE HANDFORTH HUB, UNLESS OTHERWISE STATED.</p>	

Working together for greater independence