

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

**TOG Trip
AUGUST 2025**

Saturday 2nd	<p>10.45am till 3.15pm – Canal boat £15</p> <p>We will be going on the Mary Sunley Canal Boat. It will be a nice relaxing trip up and down the canal, seeing the wildlife, enjoying nature, the scenery, good company and hopefully good weather!</p> <p>Please bring a packed lunch or if you prefer money for a chippy. If you can bring the correct change or a card to make payments easier, please. See the menu attached to this email.</p> <p>If you are confirmed for the trip, we will ask for your meal choice nearer the time to preorder to ensure on the day we have plenty of time to collect and enjoy it.</p> <p>We will be meeting at the Canal Boat car park at 10.45am. Pick up will be at 3.15pm. The drop off and pick up point will be the same. So own transport is needed.</p> <p>Lord Vernon's Wharf, Lyme Road, Poynton, SK12 1TH</p> <p>If you have any questions or concerns regarding this trip then please contact us.</p>	    
Monday 4th	NO TRIP - AS TRIP RUNNING SATURDAY INSTEAD	
Monday 11th	<p>12.45pm till 3.45pm – Karaoke £10</p> <p>We all love a sing, dance, drink and being with friends. All are welcome for a fun filled time at The Railway. The best party in town and a trip that always makes you smile! If you can meet</p>	

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	us there, please let us know as it may help more members to enjoy the trip	
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>PLEASE BE ON TIME FOR THE DROP OFF, OTHERWISE WE MAY HAVE TO GO WITHOUT YOU, DUE TO THE CANAL BOAT HAVING STRICT TIMINGS FOR SAILNG.</p> <p>PLEASE WEAR CLOTHING AND FOOTWEAR APPROPRIATE FOR WEATHER ON THE DAY</p>	

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Luxome

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