







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

### Time Out Group activities 14<sup>th</sup> – 19<sup>th</sup> July

<b>Monday 14<sup>th</sup>,</b> <b>NO SESSION STAFF TRAINING</b>  <b>Monday 14<sup>th</sup>,</b> Meet at TOG Hub 12.45-4.45	<b>Monday Makes</b> <b>NO AM SESSION JUST THIS WEEK ONLY</b>  TOG weekly trip, <b>Railway pub Handforth Quiz</b>	
<b>Tuesday 15<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub  <b>Tuesday 15<sup>th</sup> Sandbach</b> 4:30pm-6:30pm,	<b>Together Time</b> Wellbeing activities and gardening <b>Extra fun Dress up fun as your favourite Hero or Villian. (Only if you want to)</b>  <b>Sandbach Town Hall (Ballroom)</b>	
<b>Wednesday 16<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub/park	<b>Active Wednesday</b> Outdoor games	
<b>Thursday 17<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub  <b>Thursday 17<sup>th</sup> Stay up late Poynton</b> <b>7pm -9.30pm</b>	<b>Social Thursday</b> Languagility  <b>Pizza Express :- Meet outside pizza Express</b>	
<b>Friday 18<sup>th</sup>,</b> 10:30-3:30, TOG Hub	<b>Foodie Friday</b>	
<b>Saturday 19<sup>th</sup>,</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> <b>Theme Summer</b>	
<b>Contact numbers:</b>	Office – 01625 520652 Debbie – 07429119004 Yvonne – 07735869719 Libby- 07885812463	