

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

Time Out Group activities 15th September –20th September

Monday 15th	Monday Makers:-Finishing previous projects	
10:30-12:30pm, TOG Hub	TOG Shop 11am-12md	
Tuesday 16th 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
20.000m, 100 mas	Weindering detricted and gardening	
Tuesday 16 <sup>th</sup> Sandbach	Drama Sandbach	<b>A</b>
4.30-6.30pm	Sandbach Town Hall (Ballroom)	***
Wednesday 17 <sup>th</sup> Macclesfield	Drama Control 100 22 World Draw 100 100 100 100 100 100 100 100 100 10	<b>□</b>
1pm-3pm	Scout Hut HQ – 32, West Bond Street SK11 8EQ	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$
Wednesday 17th		
6pm-8:30pm, Tog Hub	Active Wednesday	- XX
	Indoor Games	*****
Thursday 18th	Social Thursday	1 2 1 2 1 S
6pm-8:30pm, TOG Hub	Singing for fun	
Thursday 18 <sup>th</sup> Stay up late Macclesfield	Pizza Express in Macclesfield meet at the restaurant for 7.00pm	
Friday 19th	Foodie Friday	III
10:30-3:30, TOG Hub	Bread making	
Saturday 20th	Creative Saturday	
11am-2:30pm, TOG Hub	Theme Birds	Crafts
		v.
Contact numbers:	Office – 01625 520652 Debbie – 07429119004 Yvonne – 07735869719 Libby-07885812463	6

Supported as Charity of the Year 2023 by



## Working together for greater independence

T: 01625 520652 W: www.timeoutgroup.org.uk Time Out Group, 25 The Paddock, Handforth, SK9 3HQ | Charity number: 1161863







