







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

Time Out Group activities 29th September – 4th October

Monday 29th 10:30-12:30pm, TOG Hub	Monday Makers Halloween Projects TOG Shop 11am-12md	
Tuesday 30th 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 1st October 6pm-8:30pm, Tog Hub	Active Wednesday Tennis Sue	
Thursday 2nd 6pm-8:30pm, TOG Hub	Social Thursday AGM all welcome members, parents and carers	
Friday 3rd 10:30-3:30, TOG Hub	Foodie Friday	
Saturday 4th 11am-2:30pm, TOG Hub	Creative Saturday Halloween Theme	
Contact numbers:	Office – 01625 520652 Debbie – 07429119004 Yvonne – 07735869719 Libby-07885812463	