








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

Time Out Group activities 12th January – 17th January 2026

Monday 12th 10:30-12:30pm, TOG Hub	Monday Makers Wooden Garden Birds, finish picture frame TOG Shop 11am-12md	
Tuesday 13th 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening Keep fit with Julia Am, Knowledge and Trivia	
Tuesday 13th 4.30-6.30pm SANDBACH	Drama Town Hall Ballroom	
Wednesday 14th 6pm-8:30pm, TOG Hub	Active Wednesday Tennis Sue	
Thursday 15th 6pm-8:30pm, TOG Hub	Social Thursday Picture Quiz Night	
Friday 16th 10:30-3:30, TOG Hub	Foodie Friday Theme Thai Food	
Saturday 17th 11am-2:30pm, TOG Hub	Creative Saturday Winter Themed Trees & Flowers	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Libby - 07885812463 Kirsten – 07897791276 Emma - 07507728624	