



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

Time Out Group activities 2nd February – 7th February 2026

Monday 2nd 10:30-12:30pm, TOG Hub	Monday Makers Valentine hearts and Pictures TOG Shop 11am-12md	
Monday 2nd 12.45-3PM	Tog Trip BULLS HEAD HANDFORTH LUNCH	
Tuesday 3rd 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening Teamwork	
Wednesday 4th 6pm-8:30pm, TOG Hub	Active Wednesday Tai Chi	
Thursday 5th 6pm-8:30pm, TOG Hub	Social Thursday Languagility New name Living Lingo	
Friday 6th 10:30-3:30, TOG Hub	Foodie Friday Theme German Food	
Saturday 7th 11am-2:30pm, TOG Hub	Creative Saturday Spring Theme Hand Painted blossom trees	
Contact numbers:	Office – 01625 520652 Yvonne – Libby – Kirsten – Emma - 07507728624	

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