



**Meet new people**  
**Make friends**  
**Learn new skills**

Join us at Time Out Group – supported social activities for adults with learning disabilities

Based in Handforth, open to all!

## Weekly drop in sessions



**Free to join**  
**Session subs from £5**



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### Alternate Tuesday/Wednesday evening

Sports night – football, cricket, dodgeball, tennis and more!

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### Thursday evening and Saturday daytime

Chill and chat nights, arts and crafts, quizzes, film night, parties

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### Special events and activities

Short courses, gardening sessions · Cinema, theatre and bowling  
Day trips and short breaks · Annual gala ball

For more information please visit  
[www.timeoutgroup.org.uk](http://www.timeoutgroup.org.uk)

Join us on Facebook:  
[@Time.Out.Group.Activities](https://www.facebook.com/Time.Out.Group.Activities)



# Time Out Group

**For more information and to find out how to become a member, get in touch with us:**

**E:** [admin@timeoutgroup.org.uk](mailto:admin@timeoutgroup.org.uk)

**T:** 01625 520652

Time Out Group Drop In,  
25 The Paddock,  
Handforth, SK9 3HQ

Charity number 1161863



## Volunteer with us

Drop us a line if you would like to find out more about supporting the group as a volunteer

**Working for greater independence and happiness for adults with learning disabilities**