








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

Time Out Group activities 5th August – 10th August

Monday 5th, 10:30am-12:30pm, TOG Hub	Monday Makes Enterprise shop / Puppet theatre	
Monday 5th, Meet at TOG Hub 1:30, pick up from Hub 5pm	TOG weekly trip Despicable Me 4 at The Rex	
Tuesday 6th, 10:30am-3:30pm, TOG Hub	Together Time Fire Safety / BBQ	
Wednesday 7st, 6pm-8:30pm, Park	Active Wednesday Outdoor Games	
Thursday 8th, 6pm-8:30pm, TOG Hub	Social Thursday Play your cards right	
Friday 9th, 10:30am-3:30pm, TOG Hub	Foodie Friday Smoothie bowls	
Saturday 10th, Drop off Nelson Pit car park 11:45am, collect Nelson Pit car park 3:15pm.	Canal Boat Trip FULLY BOOKED (NO SESSION)	
Contact numbers:	Abbie – 07456374646 Anna – 07365520459 Debbie – 07429119004 Yvonne – 07735869719 Office – 01625 520652	