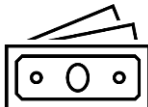








Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

Time Out Group activities

Monday 9th, 10:30am-12:30pm, TOG Hub	Enterprise Christmas shop prep	
Monday 9th, Handforth (meet at Hub)	TOG weekly trip Bowling – FULLY BOOKED	
Tuesday 10th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 11th, 6pm-8:30pm,	Active Wednesday Winter walk – Bring a coat!	
Thursday 12th, 6pm-8:30pm, JCK Chinese, Handforth	Thursday social Christmas meal	
Friday 13th, 10:30am-3:30pm, TOG Hub	Foodie Friday Shopping and café lunch	
Saturday 14th, 11am-2:30pm, (Meet at TOG Hub)	Creative Saturday Lunch at the Pinewood hotel	
Contact numbers:	Abbie – 07456374646 Anna – 07365520459 Debbie – 07429119004 Yvonne – 07735869719 Office – 01625 520652	