

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

Time Out Group activities 22nd April – 27th April

Monday 22nd, 10:30am-12:30pm, TOG Hub	Multimedia project Filming	
Monday 22nd, 12:45pm-4:30pm, Trafford centre (meet at Hub)	TOG weekly trip Sea Life centre	
Tuesday 23rd, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 24th, 6pm-8:30pm, TOG Hub / park	Active Wednesday Gym, sports and games	
Thursday 25th, 6pm-8:30pm, TOG Hub	Thursday social Disco	
Friday 26th, 10:30am-3:30pm, TOG Hub	Foodie Friday Healthy eating and kitchen skills	
Saturday 27th, 11am-2:30pm, TOG Hub	Creative Saturday Arts and crafts	
Contact numbers:	Abbie – 07456374646 Anna – 07365520459 Debbie – 07429119004 Office – 01625 520652	