



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

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T: 01625 520652

Time Out Group,
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 and/or autism



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

Join us - supported activities for adults with learning disabilities and/or autism
Based in Handforth, open to all!

Weekly sessions

Free to join. Session subs from £5

Weekly sessions Monday to Saturday

- Internet safety and computer skills
- Wellbeing sessions including art and gardening
- Get active - fitness and movement
- Crafts, quizzes, films, parties
- Skills and Enterprise course
- Day trips out

Special events and activities

- Cinema, theatre and bowling
- Day trips and short breaks • Annual gala ball

Join us on Facebook:
[@Time.Out.Group.Activities](http://www.timeoutgroup.org.uk)