



Time Out Group is a Cheshire-based charity supporting adults (18+) with Learning Disabilities and Autism.

We're excited to offer **12 new media-focused sessions, 'Have Your Say'**, starting this **March** in Poynton on Mondays, **6–8 PM**.

Session Highlights:

- Create your own media podcast to share your thoughts and passions.
- Learn to set up microphones, record, edit, and add sound effects or music.
- Discover how to connect with an audience and interview guests.

How do I sign up and get involved?

Meet us at Poynton Civic Hall

Drop by on **Monday 10th or 17th February, 4:30–6:30 PM**, to meet the team and learn more—no registration needed!

For details, email admin@timeoutgroup.org.uk

From Poynton to the world—let your voice be heard!



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