



Information

Cerebra workshops: DLA on Tuesday 27th Feb 10am-2pm, **“All About Sensory”** on Saturday 24th Feb 2018 10.00am-1.00pm both by **Geoff Evans** and **Living Autism**. All workshops will be take place at **Space4Autism**, The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN. To book your place please email info.space@hotmail.com

Winsford Wellbeing Week will take place again during February half term. The theme is Eat Well, Move Well, and Feel Well. ChAPS will be doing a stand on Friday 23rd Feb 2018.

Cheshire Centre for Independent Living are hosting **Creative Arts and Drama Group**; supported by Children In Need, 8-14 years on Tuesdays 4.00-6.00pm at St Michaels Church Hall, Devon Road, Kingsway, Chester. Parents/carers are not required to attend with their young person. This session is £4 per week, payable weekly in advance or by personal budget. There are lots of exciting activities coming up including photography and poster design. For further details to register for this group you can contact office@cheshirecil.org or Mel on 01606 331853.

Carers Trust 4all is launching a NEW service to support children aged 8 – 11, with a diagnosis of Asperger’s or who are struggling with communication and social skills. Focused groups led by a qualified Speech and Language Therapist will concentrate on improving key social and communication skills and social sessions will encourage children to put their new found skills into practice. If you would like to access the group or for more information; please call 0333 323 1990 or email cheshirewest@carerstrust4all.org.uk

Space4Autism are hosting a free workshop called ‘**All About Sensory**’ on **Saturday 24th February, 10am-1pm**. Please email info.space@hotmail.com for more info and to book your place The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN.

Transition to Adulthood Event at Ellesmere Port Civic Hall on **Thursday 8th February** for parents of young people aged 13-25. 9.30am – 2.30pm. **ChAPS** will be there!

Urban Air Trampoline Park in Winsford are keen to attract the autism community and provide autism friendly sessions. They are now also offering 1:1 Rebound Sessions. For more information visit their website <http://www.uacheshire.co.uk/rebound-therapy> or contact **Nicola Finn** or **Grace Brennan** on **01606 212690** or email info@uacheshire.co.uk Cheshire East families can receive this therapy free. Please note **any U6’s must** be supported on trampolines by an **ADULT**.

MusAbility Ltd is an independent company providing music therapy services across Merseyside and the North-West of England and North Wales. **MusAbility** music therapists empower their clients to ensure that

there is a solid therapeutic relationship which enables individuals to trust, develop and express themselves. For more information you can visit <http://www.musability.co.uk/contact-us/> or contact **Rozana Whiteley** on **07759 291837**.

Fredome Trampoline Park in Cheshire Oaks have autism friendly sessions at 9am - 10am on Saturdays and Sundays at a reduced price of £7 or £11 with a carer. For more information you can visit their website <http://freedomecheshireoaks.pfestore.com/areas/Default.aspx> or call to book on 0151 356 7494.

Flipout Chester have dedicated less busy sessions with appropriate sound and lighting, perfect for those with special educational needs or autism spectrum conditions. These are every Saturday 9am – 10am at a reduced price of £6. For more information you can visit their website.

Jump Nation in **Runcorn** run autism friendly sessions available fortnightly on Saturday mornings at 10am. February sessions are the 3rd and 22nd. You can book via their website <https://www.jumpnation.com/classes/autism-friendly/> or by calling their booking line 0845 609 0799 (selecting option 2). The sessions are £8.95 and a carer would attend free of charge.

Tanja Sharpe - Integrative Family Counselling & Mindfulness Cheshire www.tanjasharpe.com is offering; Young people's one to one & group counselling - ages 7+ in Schools, one of our counselling rooms or online. **ChAPS families discount** at £30 per hour. Mindfulness - by arrangement through **ChAPS** <https://tanjasharpe.com/> Thanks very much Tanja – highly recommended by **ChAPS**.

Cheshire Carers Trust run Parent Carer Support Groups/Coffee Mornings in Cheshire East. They are informal friendly groups and often include activities and speakers. For more info on Crewe, Congleton, Macclesfield and Poynton coffee mornings, times and venues, please check out the following website www.cheshireandwarringtoncarers.org Also in Cheshire West, Northwich Parents Carers Support meeting will be on Thursday 8th Feb at 10-12noon and Ellesmere port meeting will be Friday 16th Feb at 10-12noon.

The Grosvenor Museum run autism friendly afternoons on the first Friday of each month, from 3 – 5pm. Where possible, they will dim the lights, turn the sound effects and music down and create a welcoming space for children and adults on the spectrum, to learn and have fun in a comfortable environment. They will also be offering activities based around a different theme each month. The museum can provide a pre-visit welcome pack for visitors who find it useful to orientate themselves in the venue before a visit. Admission is free - donations are welcome. For more information you can contact Virginia Kettle on 01244 9721 or via email virginia.kettle@cheshirewestandchester.gov.uk

NAS Warrington have just set up an evening meeting at The Seven Woods Pub, Westbrook Crescent, Warrington, WA5 8TE. Please let them know if you are planning to go along and also if it is your first time and you want someone to look out for you/meet you at the door. For more information email NASWarrington@nas.org.uk

Ellesmere Port Autistic Spectrum Support their next coffee morning will be Tuesday 20 February at Cook Street Café CH65 4AT from 9.30 – 11.30am. They also have a monthly bowling night. For more information or to make contact with the group, search for EPASS on Facebook.

CONTACT provide a range of useful leaflets around all aspects of parenting, and can help any family with disabled children. We have copies of their booklets in our Northwich Training Room. They have recently delivered workshops for us, and can be contacted by email for general enquiries on northwest@cafamily.org.uk or on their dedicated helpline 0808 808 3555.

National Autistic Society have an online hub, a safe space to join in online chat about various topics. http://community.autism.org.uk/?utm_source=Community_solus_email&utm_medium=email&utm_campaign=Community&utm_content=Segment_1 They also have a very supportive school exclusions section on their website: <http://www.autism.org.uk/services/helplines/school-exclusions.aspx>

Autism Support Hub and Resource Library are open Wednesdays 10 - 6pm during term time and have a range of resources as well as books to borrow. Parent membership costs £10 annually. For more information email Amanda or Karen on autismlibrary@rosebank.cheshire.sch.uk or call on 01606 783295.

Future Events

ChAPS Art Exhibition was SO successful last year we are of course repeating it! We will be hosting sessions at kids and youth clubs, working with a variety of local artists. Under the theme of **Awakenings** the exhibition will take place from Thursday 22nd March – Saturday 24th March inclusive. Please make sure you book the date in your diary to come along and see your child / adults work thank you. Any donations of art work from children and adults on the spectrum are welcome, all art work will be returned, thank you.

Cerebra workshops: "Toolkit for solving problems" on Tuesday 20th March 10-2pm. and **"Challenging Behaviour"** on Saturday 21st April 10.00am. All workshops will be take place at **Space4Autism**, The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN. To book your place please email info.space@hotmail.com

Asperation Convention at Barclays Technology Centre. This is a careers event aimed at students between 14 – 19 years old who are making career choices The event brings together Asperger's and Inspiration. Radbroke careers include Designers, Project Managers, Developers, Testers, as well as Finance and HR professionals. Barclays also offers Technology Apprenticeships and Graduate schemes. Every year it is a resounding success. This year they want to make it even better. They hope young people will be inspired to think about what a career in technology could offer someone with unique talents and skills. For more information please contact jane.graneek@barclays.com

St Joseph's bingo night in aid of ChAPS and the Carers Centre (splitting the proceeds) is to be held on Friday 13th April at St Joseph's RC Church Parish Centre, Woodford Lane, Winsford. 7.30pm. **ChAPS** members and families of any age welcome. Drinks available. Very informal.

Book and DVD Suggestions

Carey is requesting book reviews PLEASE!

Activities for Adults on the Spectrum

Our **Adult Independence and Living Skills** course started in Northwich. Please email Carey on families@cheshireautism.org.uk for more details on the next course dates, (we are looking at Runcorn) or book here <https://www.eventbrite.co.uk/e/independence-living-skills-for-adults-on-the-autism-spectrum-tickets-30158677416>

Crafty Club run by Terri is being well supported by many of our adults group and is giving them a chance to socialise with parents of children on the spectrum. Why not come along to a session on 1st and 3rd Mondays in Runcorn office, and 2nd and 4th Mondays in Northwich office. Sessions are 1pm- 2.30pm. Thank you **Terri**.

Spectrum Connect will meet at New Images, Winsford on **Monday 5th February** and **Monday 19th February** 8.30-10pm. Quizzes, board games as well as table football, table tennis and pool.

Halton Spectrum Connect will meet at The Halfway House, Runcorn on **Monday 26th February. 8-9.30pm.**

Quiz session by Ian – the next session is unconfirmed but looking at a date of the 15th February. Please get in touch with **Carey** if you wish to join us.

Yoga for Parents and Adults on the Spectrum will be held on Monday 12th February in our Runcorn office, 6.15pm-7.15pm and Thursday 22nd February, 12.30pm -1.30pm at our Northwich Training Room. Come and join us for a lovely relaxing session.

Chester Group for Adults **ASPIRE** will be meeting Wednesday 7th February, 11.30am -1pm. See Facebook for more info on this group and new meeting location <https://m.facebook.com/groups/491332914410676>

Aspergers Adults (Ellesmere Port) is a group run by Carers Trust 4All and they meet at Trinity Church in Ellesmere Port on a Tuesday 7 - 9pm every other week. For more information you can contact Angela or Charlotte on 0333 323 1990.

ChAPS News

We are very excited to announce a completely new **Dog Training** for children and adults with their pet dogs. This is open to adults on the spectrum as well.

The **Chester** session will take place at Vicars Cross Community Centre on the 1st Wednesday of the month, and is delivered by Kerry Attwood of Train Your Dog in Chester and who works with children on the autism spectrum.

The **Northwich** session will take place at Lach Dennis Village Hall on the 4th Monday of the month, and is delivered by Denise Hubbard of Waggtails School of Dog Training.

We hope that these sessions will help you connect with your dog, reduce anxiety between you, teach you to play games, have fun and increase trust in each other.

We have our first session of **Yoga for Adults** at Runcorn Training Room with Emma from Stubbs Yoga. Rachael will be on hand to provide support.

New Venue for safety reasons Halton Youth Club and the newly named Halton Kidz Club both have a new venue, please see the Eventbrite booking links for more details.

New Staff We would like to celebrate the happy return of **Rachael** to our team of support staff in Halton and also welcome **Jacqui** to the team at Ellesmere Port as a volunteer at the Kidz Club.

We will also be saying a very sad goodbye to **Paul** who will no longer be volunteering from the end of January due to his commitments with the ambulance service. He has volunteered hours and hours over the past couple of years and is always available to help. We THANK HIM for his sterling support of **ChAPS**. Paul has been an asset to the team and will be sadly missed by the families, children and young people in Ellesmere Port and Chester clubs and all the **ChAPS** staff. We still hope to see Paul at events as a parent and wish him the very best for the future!

Merseyside Police and Emergency services Attention Card Launch has led to more interest from British Transport Police, and Jo visited BTP HQ in London to discuss national roll-out. A pilot scheme is being looked at in the North West, and.. **Breaking news..** in February The Met are coming to visit to discuss roll out too!

You will notice some staffing changes happening. Thanks to Steve Morgan Foundation we are recruiting for a Deputy Business Manager which is so exciting and Jo is extremely grateful as the help is desperately needed! **Carey** has received her promotion officially and is now **Families Manager** – congratulations Carey! **Emily** is now the **Support Worker** for everyone, and we are sure she will admirably fulfill the role (as she has been doing it unofficially since she started!). Please see the bottom of the Newsletter for changed email addresses. In the next few months we will be allocating workloads more clearly once the DBM is in post.

January 2018 saw lots of new activities and courses starting:

Play Therapy sessions started on Saturdays at our Northwich training room with 2 one hour sessions with play therapists Megan and Tara from Entwine Play Therapy. We have set up an Eventbrite to register your interest for your child.

Mindfulness for Children started for children on the Spectrum on Wednesday evenings in Chester and Saturday mornings in Runcorn – they are going really well!

‘Best Gift is YOU’ Mindfulness course for parents is currently running on Tuesday mornings in Northwich. Fantastic mindfulness and relaxation for parents and adults on the spectrum.

Intensive Social Skills for Children has begun on Monday evenings in Ellesmere Port.

Adult Independence and Living Skills is now running on Friday afternoons in Northwich.

Parent’s training course by OSSME will run in Runcorn both evenings and daytimes in our new large training room. Dates to be confirmed.

Counselling Service Update. **Lisa** started with us January. This is what she has to say:

Hi, I’m Lisa, I will be offering counselling services from January to **ChAPS** members free of charge. A little about me, I am a long standing **ChAPS** member, and I have personal and family experience of what it is to live with autism. I currently run some autism awareness workshops for mental health nurse students at Staffordshire University. I am passionate about offering Person-Centered counselling to families and autistic

clients, using my unique experience, to offer my genuine understanding and acceptance. I will be offering this service to teens and adults on the spectrum, or anyone who supports someone on the spectrum. If you feel you would benefit from counselling, please contact **ChAPS** for an appointment. Slots will be available on Monday mornings and Wednesdays 9am-5pm.

SENSORY SPECTACLE Training with Becky Lyddon on 17th April 2018. **FEEL IT!** Workshop at Northwich training rooms. More details to follow, but I'm sure quite a few of you will remember the fabulous training that Becky ran for us last year.

Swimming Lessons will start again this month after half term break. **ChAPS** have been able to offer this fantastic opportunity for our families thanks to the teaching provided by **Jeff**, and also to Greenbank School for providing the small safe pool. We are very grateful. Please email Carey on families@cheshireautism.org.uk if you are interested in a place for your child.

Thanks to **Children In Need** funding we will be running 8 groups of **Mindfulness Courses** for children for the next 3 years. This is a fantastic opportunity to give your child coping strategies for anxiety, stress and negative behaviours. Jenna did this early in 2017 and I firmly believe it kept her in school. Highly recommended by **ChAPS** and huge thanks to www.tanjasharpe.com for all her excellent work – Jo.

Diary Events **Please book them in your diary!** (Bold are the extra activities)

1 Feb	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Cathy F.	9.30-10.30am
1 Feb	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Sam & Jacqui.	5-6.30pm
1 Feb	RUNCORN	Kidz Club Halton at Castlefields Comm Centre WA7 2HY with Mel & Rach.	6.15-7.30pm
1 Feb	E'PORT	Parents Meeting at Trinity Church CH65 0AB with Nat & Leona.	7-9pm
3 Feb	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Carey.	4.30-5.30pm
4 Feb	WINSFORD	Gym with Games at Winsford Academy with Simon & Di.	10.30-12noon
5 Feb	BLACON	Parents meeting at Matthew Henry Church Blacon with Toni & Nat.	11am-1pm
5 Feb	RUNCORN	Crafty Club at our Runcorn Office with Terri & Emily.	1-2.30pm
5 Feb	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Nat & Sam J.	5.15-6.45pm
5 Feb	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
5 Feb	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
7 Feb	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi & Di.	4.30-5.30pm
7 Feb	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.30pm
8 Feb	E'PORT	Youth Club at Cook Street Café CH65 4AT with Tessa.	7-9pm

8 Feb	RUNCORN	Youth Club at Castlefields Community Centre WA7 2HY with Mel & Rach.	7-9pm
10 Feb	E'PORT	Multi Sports at Ellesmere Port Sports Village with Claire.	3-4pm
10 Feb	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
10 Feb	E'PORT	Family Swim at Ellesmere Port Sports Village with Claire.	4.15-5.15pm
11 Feb	WIDNES	Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
12 Feb	RUNCORN	Parent & Toddler Meeting at our Runcorn office with Rachael & Leona.	10-12pm
12 Feb	NORTHWICH	Crafty Club at our Northwich room with Terri & Carey.	1-2.30pm
12 Feb	BLAKEMERE	Barnaby's Playbarn family session with Carey, Di & Bobbie.	5-7pm
12 Feb	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat & Sam J.	6.15-7.45pm
12 Feb	RUNCORN	Yoga for Adults at Runcorn Training Room with Rachael.	6.15-7.15pm
13 Feb	WARRINGTON	Climbing at NW Face Climbing Centre WA2 7NE with Emily & Rachael.	10.45am-12noon
14 Feb	RUNCORN	Mindfulness for Siblings at Runcorn Office WA7 1DF with Tanja & Rach.	11am-1.30pm
14 Feb	CHESTER	Youth Club at Newscene Chester with Claire & Nat.	7.30-9pm
15 Feb	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
15 Feb	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Sam & Jacqui.	5-6.30pm
15 Feb	RUNCORN	Kidz Club Halton at Castlefields Comm Centre WA7 2HY with Mel & Rach.	6.15-7.30pm
16 Feb	DELAMERE	Delamere Forest Walk for adults and Parents with Carey.	11.30am-2pm
TBC	WIDNES	Roller Disco VENUE TBC with Mel & Rachael.	5-6pm
18 Feb	B'TRAFFORD	Animal Therapy at Bridgefields CH2 4JT with Sam J & Sam.	2-4pm
18 Feb	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
19 Feb	CHESTER	Parents Meeting at Kingsway Community Suite Kingswood with Claire.	10am-12pm
19 Feb	WARRINGTON	Climbing at NW Face Climbing Centre WA2 7NE with Emily & Rachael.	10.45am-12noon
19 Feb	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Nat & Sam J.	5.15-6.45pm
19 Feb	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
19 Feb	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
20 Feb	NORTHWICH	Mindfulness for Siblings at Northwich Training Room with Tanja & Carey.	11am-1.30pm
21 Feb	NORTHWICH	Junk Modelling at Northwich Training Room with Terri, Carey & Emily.	10.30-2.30pm

21 Feb	WIDNES	Ice Skating at The Hive WA8 0TA with Mel & Rachael.	5-7pm
21 Feb	BLACON	Parents Meeting at The Enterprise Centre The Parade with Toni & Claire.	7-8.45pm
22 Feb	RUNCORN	Youth Club at Castlefields Community Centre WA7 2HY with Mel & Rachael.	7-9pm
22 Feb	E'PORT	Youth Club at Cook Street Café CH65 4AT with Tessa.	7-9pm
23 Feb	LYMM	Safety Central at Lymm with Carey, Emily & Rachael.	9.30am-3pm
24 Feb	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
26 Feb	NORTHWICH	Crafty Club at Northwich Training Room with Terri & Carey.	1-2.30pm
26 Feb	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Debbie & Cathy.	5-6.15pm
26 Feb	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat & Sam J.	6.15-7.45pm
26 Feb	NORTHWICH	Parents Meeting at Northwich Training Room with Di.	7-9pm
26 Feb	RUNCORN	Spectrum Connect Adults Social at The Halfway House WA7 5NR with Emily.	8-9.30pm
27 Feb	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	12.30-1.30pm
27 Feb	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
28 Feb	B'TRAFFORD	Horse Sense for Parents & Adults at Bridgefields CH2 4JT with Claire.	10am-12noon
28 Feb	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
28 Feb	CHESTER	Youth Club at Newscene Chester with Claire & Nat.	7.30-9pm

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