

ChAPS!

During April at **ChAPS**, we will be celebrating World Autism Acceptance Week, which runs from 28th March – 3rd April. Our Northwich **Learning 4 Life** group have been busy discussing fundraising ideas and have decided to do a different event each week in April! **Sarajayne** and the team have created a competition to correctly guess how many sweets are in a jar. The jar will be in **The Ark Café** throughout April for our members and visitors to have a guess for £1. Please keep an eye on our social media to keep up to date with our weekly fundraising events. We will also be posting information, recommendations and sharing our successes.

We are so proud of the welcoming, supportive community we have at **ChAPS** during Autism Acceptance Month and all year round!

A look at March...

In March, we were visited at **ChAPS Autism Ark** by The Mayor of Winsford, Nathan Pardoe and his Deputy Joanne Moorcroft. After a tour around the centre, Nathan and Joanne enjoyed a coffee in **The Ark Café** whilst telling us about their fundraising venture. On 26th March, Nathan and Joanne did a skydive to raise funds for **ChAPS** and Mid Cheshire Foodbank! A huge thank you to them both from everyone at **ChAPS**.

You can read more from Nathan and donate here:
<https://gofund.me/432a02f7>

Our **Learning 4 Life** group in Northwich also had a visit from Jodie who delivered a great presentation on World Down's Syndrome Day.

We learned about Down's Syndrome and Jodie showed her interests and fantastic achievements. Some of the staff and **Learning 4 Life** adults joined in by wearing odd socks to celebrate World Down's Syndrome Day. A big thank you to Jodie for coming in to speak to us!

If you are interested in visiting **ChAPS Autism Ark** as a guest speaker, please email info@cheshireautism.org.uk. We are always keen to learn and share interests!



Sensory Fun and Floats

Winsford Lifestyle Centre are offering two 'Sensory Fun and Floats' sessions during April half term for children with additional needs and their families. The sessions will run on Wednesday 6th April and Wednesday 13th April from 2:30pm-3:30pm.

Though not necessary, you can book in advance by calling 0161 550700 or by emailing winsford@brioleisure.org

The cost for adults is £5.60 and juniors are £3.40. Children under 3 years go free. A family ticket for 4 is £14.60 or a family of 6 people is £18. Please use the contact details above for more information.

ProACT - Autism Related Training Courses

ProACT are pleased to be delivering a series of autism-related training courses at **ChAPS Autism Ark** in Northwich. Trainer Mick Rimmington has over 20 years experience working as a specialist in the field of autism and behaviours of concern and will welcome questions and offer supportive strategies throughout the courses. All courses are £20pp, and places are limited to 20 per course.

Please check out the ProACT website or call them on 07976 041391 for more details. Website: <https://www.cheshire-autism.com/training-upcoming-courses/>

Diary of Events – New Key

After some feedback from our members, we have added a key to the Diary of Events. Going forwards, next to each activity there will be letters to indicate who the activity is suitable for. We hope this will help members to clearly understand what they can access; with the new key, you may even spot a new activity to attend! The key is as follows:

- (A) - For Adult members
- (C) – For children (please see the Eventbrite to check if siblings are included!)
- (P) – For parents and carers

If you have any suggestions for our **ChAPS** newsletter or ideas about how we can make it easier to understand, please email office@cheshireautism.org.uk

Diary of Events

1 Apr	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
1 Apr	ZOOM! (A)	Adults Special Interest / Social with Jennie.	6-8pm
1 Apr	ZOOM! (C)	Children's Chat with Di MinDees.	6.30pm
1 Apr	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
2 Apr	NORTHWICH (A)(C)	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm

4 Apr	E'PORT (A)(C)	<i>Pottery Painting at Charley's Ceramics CH65 4FW.</i>	9-10.30am
4 Apr	CHESTER (C)	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
4 Apr	NORTHWICH (C)	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Amanda.	5-6.30pm
4 Apr	CHESTER (P)	Making Mindfulness & Meditation a Habit at St Mary's Handbridge CH4 7HL	7-9pm
4 Apr	WINSFORD (A)	Spectrum Connect at The Hive CW7 3DA with Jennie & Bobbie.	7.30-9pm
5 Apr	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
5 Apr	NORTHWICH (A)(C)	Private Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
5 Apr	RUNCORN (A)(P)	Why Knot Knit? at the Old Police Station WA7 1DF with Emma.	7-8.30pm
5 Apr	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
6 Apr	RUNCORN (A)	Adults Meet Halton at the Old Police Station WA7 1DF with Emma.	12-1.30pm
6 Apr	B'TRAFFORD (C)	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	2.30-3.15pm
6 Apr	CHESTER (C)	<i>Inflatabubble at Catholic High School CH4 7HS with Cady & Diane.</i>	5.30-7pm
6 Apr	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
7 Apr	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Lindsey.	10am-4pm
7 Apr	E'PORT (C)	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
7 Apr	E'PORT (P)	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.30-8.45pm
8 Apr	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
8 Apr	NORTHWICH (A)(C)	<i>Garden Fun & Egg Hunt at ChAPS Autism Ark CW8 1BE with Lindsey.</i>	11am-1pm
8 Apr	ZOOM! (A)	Adults Special Interest / Social with Jennie.	6-8pm
8 Apr	ZOOM! (C)	Children's Mindfulness with Di MinDees.	6.30pm
9 Apr	E'PORT (C)	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	3.30-4.30pm
9 Apr	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
10 Apr	NORTHWICH (P)	Wellbeing Weekend - DRUHM & Laughing Yoga at ChAPS Autism Ark CW8 1BE.	12.30-3.30pm
10 Apr	WIDNES (C)	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Terri.	12.30-2.15pm
11 Apr	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
11 Apr	WIDNES (A)(C)	<i>Chocolate Show at The Catalyst Museum WA8 0DF.</i>	1.30-2.10pm

11 Apr	CHESTER (C)	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
11 Apr	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
11 Apr	CHESTER (P)	Making Mindfulness & Meditation a Habit at St Mary's Handbridge CH4 7HL.	7-9pm
12 Apr	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
12 Apr	WARR'TON (A)	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
12 Apr	NORTHWICH (A)(C)(P)	Private Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
12 Apr	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
13 Apr	WARR'TON (A)(C)	<i>Animal Interaction at Walton Gardens Children's Zoo WA4 5LL with Jennie.</i>	<i>11am-12pm</i>
13 Apr	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
14 Apr	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Diane.	10am-4pm
14 Apr	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
14 Apr	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA27NE with Lauren	6.15-7.30pm
15 Apr	ZOOM! (A)	Adults Special Interest / Social with Jennie.	6-8pm
15 Apr	ZOOM! (C)	Children's Chat with Di MinDees.	6.30pm
15 Apr	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
16 Apr	RUNCORN (A)(C)(P)	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
19 Apr	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
19 Apr	NORTHWICH (A)(C)(P)	Private Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
19 Apr	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
20 Apr	RUNCORN (A)	Adults Meet at the Old Police Station WA7 1DF with Emma.	12-1.30pm
20 Apr	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
21 Apr	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Carey.	10am-4pm
21 Apr	E'PORT (C)	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
22 Apr	WINSFORD (P)	Parents Meeting at The Hive CW7 3DA with Carey.	9.30-10.30am
22 April	KNUTSFORD (P)	Parents of Adults at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
22 Apr	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm

22 Apr	ZOOM! (A)	Adults Special Interest / Social with Jennie.	6-8pm
22 Apr	ZOOM! (C)	Children's Mindfulness with Di MinDees.	6.30pm
22 Apr	ZOOM! (C)	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
23 Apr	E'PORT (C)	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	3.30-4.30pm
23 Apr	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
24 Apr	B'TRAFFORD (C)	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
25 Apr	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
25 Apr	CHESTER (C)	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
25 Apr	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
25 Apr	ZOOM! (C)	Children's Chat with Di MinDees.	6.30pm
25 Apr	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
25 Apr	CHESTER (P)	Making Mindfulness & Meditation a Habit, St Mary's Handbridge CH4 7HL	7-9pm
26 Apr	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
26 Apr	NORTHWICH (A)(P)	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Sarah & Carey.	1-2pm
26 Apr	NORTHWICH (A)(C)(P)	Private Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
26 Apr	NORTHWICH (P)	SOSA Dance & Massages at ChAPS Autism Ark CW8 1BE with Lindsey.	10am-1pm
26 Apr	NORTHWICH (P)	Parents Meeting at ChAPS Autism Ark CW8 1BE with Jennie.	8-9.15pm
27 Apr	CHESTER (P)	Parents Meeting at Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
27 Apr	WARR'TON (A)	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
27 Apr	WINSFORD (C)	Urban Air Trampoline Park CW7 3RL with Lindsey & Nic.	4.30-6.30pm
27 Apr	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-8pm
28 Apr	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Carey.	10am-4pm
28 Apr	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
28 Apr	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA27NE with Lauren	6.15-7.30pm
29 Apr	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
29 Apr	DELAMERE (A)(P)	Parents & Adults Walk at Delamere Forest CW8 2JD with Carey.	12-2pm

29 Apr	ZOOM! (A)	Adults Special Interest / Social with Jennie.	6-8pm
30 Apr	CHESTER (P)	Wellbeing Weekend - DRUHM & Laughing Yoga at St Mary's Handbridge CH4 7HL.	12.30-3.30pm

Need More Help or Information?

Ruth/Lucy, Admin Staff - For Attention Cards, Gift Aid, Child Registration Forms & everything else Admin

E: admin@cheshireautism.org.uk

E: office@cheshireautism.org.uk

T: 0344 850 8607

Rach/Cathy, Support Staff - For Advice, Support & Activities covered throughout the week/weekend

M: 07309 692786

E: support@cheshireautism.org.uk

Emma, Specialist Teacher - For Mental Health Therapy, Learning4Life, Adult Sessions & Training

E: therapies@cheshireautism.org.uk

M: 07462 868322

Emily, Operations Manager - For Activities, Venues, Eventbrite, IT & ChAPS Autism Ark Enquiries/ Bookings

E: operations@cheshireautism.org.uk

M: 07491 001360

Carey, Families Manager - For Intensive Group Sessions, Counselling, Learning4Life & Support

E: families@cheshireautism.org.uk

M: 07462 887815

Natalie, Business Manager - For Recruitment, Finance, GDPR, Safeguarding, & any fundraising ideas!

E: business@cheshireautism.org.uk

M: 07476 280356

Jo, Managing Director - For anything else!

E: jo@cheshireautism.org.uk

Please note we take every precaution to ensure the information we share is accurate, but the information we signpost is not a recommendation from ChAPS (unless stated) and parents should do their own research about organisations and events signposted in our Newsletter. Professional colleagues who wish to **opt out** from receiving this Newsletter should reply to this email with unsubscribe as the message subject thank you.

www.cheshireautism.org.uk

