



Information

Medica Cpd is a leading provider of conferences and training courses in health-related subjects for education, health and social care professionals. They will be hosting **Tony Talks Autism 2019** at St Helens R.F.C., Totally Wicked Stadium, McManus Drive, St Helens, WA9 3AL on **Wednesday 16th January 2019 9.30am-4.30pm**. Tony has a new programme full of information, knowledge updates and lots of practical strategies and tips that would be of benefit all those working in health, education and social care settings, parents and carers. For more information you can book online www.medicacpd.com or call 0141 638 4098. There is a reduced rate for parents and carers and the day includes lunch and refreshments.

MacIntyre host a group providing support and information for family members of adults who have autism that meet once per month. Their next meeting is **Thursday 24th January 2019, 7-9pm** at **MacIntyre Learning Centre, Orford Community Hub, Festival Avenue, Orford, Warrington, WA2 9EP**. For more information call 01925 234 443 or email andrea.parr@macintyrecharity.org

Making Space is part of the new Cheshire West Carer Support Service. They are providing needs-led support to people caring for a friend or loved one with mental health difficulties, a learning disability or autism. They have a carer support group **every 3rd Thursday of the month 10am-1pm** at **Waterside House, Navigation Road, Northwich, CW8 1BE**. Any new attendees would be warmly welcomed. They have now also extended their support to U16s and can support parents whose children are transitioning to high school, or who are in mainstream and need support. For booking and more information on what services Making Space provide for carers, please contact their office on **01606 606694**.

Autism Support Hub & Library which is run by The National Autistic Society CW Branch is now at **Maple Bungalow, Greenbank School, Greenbank Lane, Northwich, CW8 1LD**. The Autism Support Hub is a place where you can access over 800 books and other resources. The hub promotes the aims of the branch, raising autism awareness and understanding through a variety of seminars, workshops, post-diagnostic support and speakers. They are open **Wednesdays 10am-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 autismlibrarynas@gmail.com or call on 01606 783295.

Information, Advice & Support Teams offers free confidential and impartial information, advice and support to parents and carers of young people aged 0 - 25 who have Special Educational Needs or Disabilities (SEND) as well as young people themselves. As a parent or carer you can search for the team that supports your area by using the link <https://www.sendirect.org.uk/providers/sendirect-listings/my-services/information-advice-support-services-network-iass-network/> or as person up to 25 years with needs for extra help with learning use <https://cyp.iassnetwork.org.uk/in-your-area/>

Urban Air Trampoline Park in Winsford are offering 1:1 Rebound Sessions. For more information visit their website <http://www.uacheshire.co.uk/rebound-therapy> or contact **Nicola Finn** 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**.

Tanja Sharpe – Confident Hearts Online Counselling, Coaching & Therapy programs for parents and carers of young people with extra-ordinary needs. Please see the website for more details www.confidenthearts.com. Tanja's email is courses@confidenthearts.com. Thanks very much Tanja – highly recommended by **ChAPS**.

Entwine Play Therapy offer 1-1 sessions for children. There is a possibility to use funding from social care, adoption payments and the like for this. Costs are £45 per session and there is a minimum booking requirement of 5 sessions. If you require further details view <https://www.facebook.com/EntwineParentChildAttachment/or> contact Tara or Megan on thetreehouseplaytherapy@gmail.com or entwineattachment@gmail.com - highly recommended by **ChAPS**.

Ellesmere Port Autistic Spectrum Support their next coffee morning will be **Tuesday 17th January** at the New Creation Centre CH65 4BW from 9.30–11.30am. The entrance to the centre is from the car park at the rear. For more information or to make contact with Tessa Ede search for EPASS on Facebook.

Future Events

Cheshire's Information, Advice and Support Service (IASS) will be hosting free information day 'Transition to Adulthood' at **Ellesmere Port Civic Hall, Civic Way, Ellesmere Port, CH65 0AZ** on the **6th February 2019 9.15am-2.30pm**. This day aims to support parents and carers of young people with Special Educational Needs &/or Disabilities aged 13 to 25 to think about the journey towards becoming an adult. This will include a variety of workshops and speakers during the day with access to the marketplace of stands from a wide range of services. You can book using this link www.bookwhen.com/ias-service or for further information, contact the IASS on Tel: 0300 123 7001 or Email: iasservice@cheshirewestandchester.gov.uk

CWac Parent Carer Forum have their next meeting on **Wednesday 13th February, 9.45am-2pm** at **Chester Rugby Club Hare Lane Littleton Chester CH3 7DB**. If you would like to attend the forum but have not had an invite from PCF please contact their Secretary for details about this and joining their mailing list secretary.pcf.cwac@gmail.com and attending the event.

CWac Autism Service will be running 'Building a Young Person's Transition Toolkit' for parents, carers and professionals on **Wednesday 13th February 10am-2pm** at **Wyvern House, The Drummer, Winsford, CW7 1AH**. This will include a keynote introduction and workshops for parents run by Autism Service Teachers. Workshops to include, 'Supporting organization & Independence, Familiarizing Yourself with the Autism Service Transition pack' and 'Developing Strategies to address emotional well-being and the communication needs of the young person'. **ChAPS** will be with other providers and agencies in the marketplace. Email autismteam@cheshirewestandchester.gov.uk

Cheshire's IASS will also be hosting free information sessions in Winsford **Session 1:** What does the Special Educational Needs Code of Practice say schools should do to meet the needs of children and young people with SEN? **Session 2:** What does an Education, Health and Care Plan look like? How can you be part of producing a quality plan? **Session 3:** What should happen before, during and after an Annual Review of an EHCP? **Session 4:** What can I do if things go wrong, informal mediation and disagreement resolution, mediation and SENDist (Tribunal) This will start on **Monday 25th February 2019**. To book on sessions and for further information, please contact the IASS on Tel: 0300 123 7001 or Email: iasservice@cheshirewestandchester.gov.uk

Activities for Adults on the Spectrum

Adult Independence and Living Skills Part 1 training is designed to help adults with autism to become more independent and give them essential living skills. This fantastic training is delivered by OSSME – Autism Initiatives. If you are interested in attending the next course starts in Northwich on Tuesday 22nd January please register 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 the 2nd and 4th Mondays of the month in **Northwich** office 1pm- 2.30pm. There are many lovely creations being produced in these sessions - thank you **Terri**.

NEW! Runcorn Crafty Club has now moved to every 3rd Tuesday of the month. 12.30-2pm. We are hoping the change of day will allow parents and adults to join the session.

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 7th January** and **Monday 21st January 2019**. 8.30-10pm.

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 28th January 2019**, 8-9.30pm.

Spectrum Connect CHESTER will change in February, there is no session in January due to the venue being closed. **Claire** will still welcome the group to meet at Meltdown Café CH4 7BU but it will be in the daytime. **ANY Parents are also welcome to this session.**

Yoga session for Parents and Adults on the Spectrum join us for a lovely relaxing session! We have sessions at our **Northwich Training Room at 11.30am-12.30pm** and **Runcorn Training Room 1-2pm** on the **24th January 2019**.

Delamere Walk with **Carey** on **Thursday 31st January** 11.30am-2pm. You can book on via Eventbrite if you are joining the walk.

ChAPS News

Multi Sports session will **not** take place at EPSV on 26th January due to a sporting event in the hall but our Family Swim session is still taking place on this date with **Claire**. 4.15-5.15pm.

NEW! Kidz Club Warrington for children age 7-11 at Warrington Sensory Centre WA1 1HU will start very soon. This will run every 1st and 3rd Tuesday of each month.

NEW! Youth Club Warrington for young people age 11-17 at Daresbury Community Hall Chester Road WA4 4AJ will be launched in January 2019. This will run 7-8.30pm on the 2nd and 4th Wednesday of each month.

NEW! Bowling Warrington for children is starting on the 14th January at Ten Pin Warrington, WA2 8RF with Julie and will run on the 2nd Monday of each month.

Parent Training Programme with OSSME will be in our Runcorn Office starting on **5th February, 1pm-3pm**.

5th February	The 7 Senses that Autism can affect.
12th February	Comic Strip Conversations and Social Story supports.
26th February	Transitions to School, College, a New House, change of activity.
12th March	Girls on the Autism Spectrum.

19th March Sensory Processing
 26th March Autism and Play Training
 16th April Puberty / Sex Education Support.
 23rd April PDA - Pathological Demand Avoidance
 30th April Anxieties and Stress Management Support.

Supporting the Wellbeing & Mental Health of Autistic Children and Young People Training from The Charlie Waller Memorial Trust

We will be repeating this course with **Jo Billington** in the **Runcorn Training Room** on the **22nd & 23rd January 2019**. Jo Billington, a Doctoral Researcher in the Centre for Autism at the University of Reading who is also parent to two autistic boys. This workshop is specifically tailored to supporting the needs of autistic children and young people with a special focus on anxiety. The programme provides evidence-based presentations and workshops that motivate, build confidence, inform and offer practical ideas and tools that can easily be put into practice. **This is a superb course, don't miss it!**

Meet the Professional event

We will be hosting another drop in with **Adult Occupational Therapist, Kerry Arnison**, on **Wednesday 13th March 11.30am-2pm** at our **Northwich Training Room**. This is an opportunity for both adults on the spectrum and parents to meet and ask questions about how best to support their needs at home, for accessing the community and the workplace.

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

2 Jan	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Julie & Rach.	4-6pm
2 Jan	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm
3 Jan	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
3 Jan	NORTHWICH	I-Create Sessions at Northwich Training Room with CWA, Di & Bobbie.	10am-3pm
3 Jan	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J & Jacqui.	5-6.30pm
3 Jan	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
3 Jan	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Claire & Leona.	7.30-9pm
5 Jan	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
6 Jan	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	11.45-1.15pm
7 Jan	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
7 Jan	CHESTER	Drama Club at St Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
7 Jan	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Rach.	5-6pm
7 Jan	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm

7 Jan	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
8 Jan	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm
9 Jan	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
9 Jan	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	5.30-6.30pm
9 Jan	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
9 Jan	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
10 Jan	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
10 Jan	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
10 Jan	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
11 Jan	WARR'TON	Parents Meeting at Walton Lea Project WA4 6TB with Julie.	10-12noon
12 Jan	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
12 Jan	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
12 Jan	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
13 Jan	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	2-4pm
14 Jan	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
14 Jan	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
14 Jan	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Julie.	5-6.30pm
14 Jan	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
14 Jan	RUNCORN	Best Gift is YOU at Runcorn Training Room with Tanya & Evie.	6-8pm
15 Jan	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
15 Jan	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm
16 Jan	CHESTER	Family Session at Fun4All Sealand Ind Est CH1 4NT with Toni & Co.	4-6pm
16 Jan	WIDNES	Family Session at Crazy Club WA8 0TA WITH Rach, Mel & Emily.	5-7pm
17 Jan	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
17 Jan	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J & Jacqui.	5-6.30pm
17 Jan	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
20 Jan	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-11.30am

20 Jan	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J.	2-4pm
20 Jan	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
21 Jan	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
21 Jan	CHESTER	Kidz Club at St Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
21 Jan	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Rach.	5-6pm
21 Jan	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
21 Jan	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
22 Jan	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm
22 Jan	RUNCORN	Children's Mental Health & Well-being Training at Runcorn with Rach.	6-9pm
23 Jan	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
23 Jan	RUNCORN	Children's Mental Health & Well-being Training at Runcorn with Emily.	10am-1pm
23 Jan	WINSFORD	Family Session at Urban Air Trampoline Park CW7 3RL with Di & Bobbie.	4.30-6.30pm
23 Jan	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
23 Jan	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
24 Jan	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
24 Jan	RUNCORN	Yoga for Adults at our Runcorn Training Room with Emma & Emily.	1-2pm
24 Jan	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
26 Jan	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
26 Jan	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
27 Jan	WARR'TON	Multi Sports at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	12.15-1.15pm
27 Jan	W'RINGTON	Family Swim at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	1.30-2.30pm
28 Jan	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
28 Jan	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
28 Jan	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy F.	6-6.45pm
28 Jan	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
28 Jan	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Rach.	8-9.30pm
29 Jan	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm

29 Jan	CREWE	Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
31 Jan	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm

Contact details for staff ...

Ruth & Sam *for attention card applications, forms, Gift Aid, child registration forms, admin.*

Admin 0344 850 8607 admin@ or sam@cheshireautism.org.uk

Emily *for advice, signposting and support, Eventbrite issues, any activity queries, IT.*

Support 07462 868322 support@cheshireautism.org.uk

Julie *for all things Warrington.*

Warrington Manager 07491 001360 warrington@cheshireautism.org.uk

Carey *for intensive group sessions, staffing, venues, The Club, counselling.*

Families Manager 07462 887815 families@cheshireautism.org.uk

Cindy *for recruitment, finance, GDPR, safeguarding, and any fundraising ideas!*

Business Manager 07476 280356 business@cheshireautism.org.uk

Jo *for anything else!*

Managing Director 07764 842422 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

