



Cheshire Autism  
Practical Support

## Newsletter

April 2018

### Information

**St Joseph's bingo night in aid of ChAPS and the Carers Centre** is to be held on Friday 13<sup>th</sup> April at St Joseph's RC Church Parish Centre, Woodford Lane, Winsford. 7.30pm. **ChAPS** members and families of any age welcome. Drinks available. This was a very popular event last year, please support them.

**Northwich Odeon Cinema** have **FOUR Autism friendly** showings next week 2<sup>nd</sup> – 6<sup>th</sup> April at 10.15am. Please check their website for details. Monday – A Wrinkle in Time. Tuesday – Peter Rabbit. Wednesday – The Greatest Showman. Thursday – Coco.

**Autism In Motion World Autism Day** Event to be held Saturday 14<sup>th</sup> April 2018, 12-4pm in Norris Green Park, Liverpool. After the huge success of last year's event this year promises to be bigger and better. The day will be a mixture of information stalls, fun activities, inflatables and some stalls selling home-made items. If you would like to attend please contact [aimautism@hotmail.com](mailto:aimautism@hotmail.com) or call 07872 444652 or visit their website for further details [www.aimautism.com](http://www.aimautism.com)

**Cerebra workshop "Challenging Behaviour"** on Saturday 21<sup>st</sup> April 10.00am. The workshop will 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](mailto:info.space@hotmail.com)

**Together Trust** are hosting an Autism Sleep Clinic in **ChAPS** Northwich Training Rooms. This session is in three parts, starting on the Tuesday 24<sup>th</sup> of April, 9.30am-12noon. For more information and to arrange a place you will need to contact [enquiries@togethertrust.org.uk](mailto:enquiries@togethertrust.org.uk) or call 0161 286 4201.

**NAS and Cerebra DLA Workshop** on Tuesday 24<sup>th</sup> April 10-2pm St John's Church Hall, Church Lane, Guilden Sutton, CH3 7EW. The workshop aims to give parents the skills, in conjunction with Cerebra's DLA Guide, (<http://www.cerebra.org.uk/help-and-information/guides-for-parents/dla-guide/>) to be able to complete the DLA claim form themselves. To book <https://bookwhen.com/cerebra>

The official launch of the new **Halton Speech and Language Therapy Service** is on Tuesday 24<sup>th</sup> April from 1pm at The Heath Business & Technical Park, Runcorn, WA7 4QX. To book a place you can email [office@chatter-bug.com](mailto:office@chatter-bug.com) or call 0113 240 8510.

**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. For further details to register for this group you can contact [office@cheshirecil.org](mailto:office@cheshirecil.org) or Mel on 01606 331853.

A state-of-the-art Respite Care Centre to help people with learning disabilities has been opened in Chester by Councillor Paul Dolan. **Abbey Respite Centre**, in Abbey Square will be run by Special Care Needs Ltd and Cheshire West and Chester Council. It offers residential and day care for people with special educational and behavioural needs, including autism and challenging behaviour. Activities at The Arc include creative arts, music therapy, information technology, cooking and motivation support. It has a multi-sensory room: is a soothing, sensory environment with restful sounds and lighting. For any further information, please contact The Arc on 01244 207 307 or visit [www.specialneedsarc.co.uk](http://www.specialneedsarc.co.uk).

**Carers Trust 4all** is launching a NEW service to support children aged 8 – 13, 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](mailto:cheshirewest@carerstrust4all.org.uk)

**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](mailto: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**.

**Jump Nation** in **Runcorn** run autism friendly sessions available fortnightly on Saturday mornings at 10am. March sessions are the 31<sup>st</sup> March and 14<sup>th</sup> April. 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](http://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**. Tanja's email is [courses@confidenthearts.com](mailto:courses@confidenthearts.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](http://www.cheshireandwarringtoncarers.org)

**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](mailto:NASWarrington@nas.org.uk)

**Ellesmere Port Autistic Spectrum Support** their next coffee morning will be Tuesday 17 April 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. EPASS also have a monthly bowling night. For more information or to make contact with the group, search for EPASS on Facebook.

**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](mailto:autismlibrary@rosebank.cheshire.sch.uk) or call on 01606 783295.

**Aspies for Warrington** have a new website [www.wands.biz](http://www.wands.biz) and are still meeting Fridays 6-9pm at Fairfield & Howley Neighbourhood Project, Warrington WA1 3AJ. For more details contact Mike Hewitt on [maspie59@gmail.com](mailto:maspie59@gmail.com)

**Will Consult You** is a family business providing advice and guidance on creation of **Wills, Trusts, Lasting Power of Attorney and Funeral Plans**. They understand that life with a child with additional needs is complicated enough without the cost of planning for the future. They can provide relaxed and ethical advice for **ChAPS** families by means of a free legal review in the comfort of your home. If you decide to put measures in place to safeguard your families' future you will be provided with a fixed fee. They aim to make a difficult subject simple, easy, and relaxed so that you have one less thing to worry about. James Hughes recently did a short presentation to our Northwich parents meeting and can be contacted by email on [james@willconsultyou.co.uk](mailto:james@willconsultyou.co.uk) or 01829 309103.

## Future Events

**NAS** are hosting a **Supporting Siblings Seminar** on Thursday 3<sup>rd</sup> May, 9.30am-2.30pm at The Vicarage, Wicker Lane, Guilden Sutton CH3 7EW. The seminar will look at the experiences of children who have a brother or sister with autism. It will help parents and carers to support their child's understanding of autism and share a range of strategies that may have a positive effect on sibling relationships. The seminar is for parents and carers of children with autism of all ages. To book onto the course visit <https://bookwhen.com/siblings> and for information you can contact [cwacenuquiries@nas.org.uk](mailto:cwacenuquiries@nas.org.uk).

**The Lowry** have a relaxed performance of **War Horse** coming on Thursday 28th June at 2pm. Tickets are available to book over the phone on 0161 876 2183. For more information please visit <https://www.thelowry.com/events/war-horse>.

## Book and DVD Suggestions

Andrew Edwards, Author of 'Have I Got A Stat for You' and Henry Normal's 'A Normal Family: Everyday adventures with our autistic Son' have recently been added to our lending library.

Carey is also requesting book reviews PLEASE from anyone who wishes to comment on books they have used in our lending library!

## Activities for Adults on the Spectrum

**Adult Independence and Living Skills Course** will be held in our Runcorn training room in the afternoon starting Thursday 19<sup>th</sup> April. This training is designed to help adults with autism to become more independent and give them essential living skills. If you would like to attend this course, please contact **Carey** on [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk) or register your interest 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 1<sup>st</sup> and 3<sup>rd</sup> Mondays in Runcorn office, and 2<sup>nd</sup> and 4<sup>th</sup> Mondays in Northwich office. Sessions are 1pm- 2.30pm. Thank you **Terri**.

**Spectrum Connect** will meet at New Images, Winsford on **Monday 16<sup>th</sup> April and Monday 30<sup>th</sup> April** 8.30-10pm. Quizzes, board games as well as table football, table tennis and pool. Unfortunately we only have one session this month due to the bank holiday.

**Halton Spectrum Connect** will meet at The Halfway House, Runcorn on **Monday 23<sup>rd</sup> April 8-9.30pm**.

**Yoga for Parents and Adults on the Spectrum** will be held on **Monday 9<sup>th</sup> April** in our **Runcorn office**, 6.15pm-7.15pm and back to normal on **Thursday 26<sup>th</sup> April at 11.30am-12.30pm** at our Northwich Training Room. Come and join us for a lovely relaxing session.

**Chester Group for Adults ASPIRE** will be meeting Wednesday 4<sup>th</sup> April, 11.30am -1pm. See Facebook for more info on this group and new meeting location in **Storyhouse Chester** <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 proud of our new **ChAPS Website** and lots of you have given us really great feedback already so if you haven't had a good look round it, please visit here: <http://www.cheshireautism.org.uk/>

The **Art Exhibition** launch event was held on Thursday evening of the 22<sup>nd</sup> March in Northwich Training rooms and we have held this event over three days to celebrate World Autism Awareness Week. The event has been an astounding success in its second year with over 65 artists showing their work! The event was also an opportunity for the official handover of the funding recently awarded by **Steve Morgan Foundation** which has allowed us to recruit **Business Manager Cindy**. Jo is extremely grateful for this as the help is desperately needed.

We are really excited to announce a new activity that we will be running in **Widnes** at **Freaking Awesome** every **1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month**, starting in **April**. Freaking Awesome is a comic shop that invests in

retro gaming consoles, card games, collectables and comics for the community to use and ChAPS have a private session there!

A new parents meeting is coming to Frodsham! Every 2<sup>nd</sup> Thursday of the month, starting in May. 9.30-10.30am. Our lovely new volunteer Carol will be running the session to help parents to increase self-confidence and promote well-being.

### We have lots of new courses starting in the upcoming months...

**Mindfulness for Children** is to be held in Northwich and Ellesmere Port. Both will start after the **Easter** Holidays.

'**Best Gift is YOU**' **Mindfulness course** will be coming to **Runcorn** in April on **Tuesday afternoons**. This is a therapeutic Mindfulness programme for parents and adults on the autism spectrum running over 8 weeks run by Tanja.

**Intensive Social Skills for Children** the next course will be after Easter on a Tuesday evenings in Northwich.

**Parent's training course** will continue in Runcorn in our *new* large training room. This training is provided by **OSSME Autism Initiatives** who have a lot of experience and knowledge. There is still opportunity to book on the remaining weeks. You are able to attend topics that best suit your needs!

**Swimming Lessons** will start again in April. **ChAPS** is 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](mailto:families@cheshireautism.org.uk) if you are interested in a place for your child.

**NEW! Play Therapy** The six week course will be starting at **Runcorn** on **Saturdays** after Easter. Those who expressed interest have been contacted. We are grateful to Megan and Tara at **Entwine Play Therapy** who have run two very successful courses so far in Northwich and look forward to hearing the outcomes of this course for the children who are attending.

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

|              |            |  |                 |
|--------------|------------|--|-----------------|
| <b>4 Apr</b> | LLANFYNDDD | <b>Horse Therapy at Clwyd Special Riding Centre LL11 5HN with Emily &amp; Sam.</b> | <b>9.30-4pm</b> |
| <b>4 Apr</b> | RUNCORN    | <b>Sensory Play Therapy at Runcorn Training Room with Megan, Tara &amp; Rach.</b>  | <b>1-3pm</b>    |
| 4 Apr        | NORTHWICH  | Circus Skills at Barnton Life Church CW8 4HP with Naomi & Di.                      | 4.30-5.30pm     |
| 4 Apr        | CHESTER    | Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.              | 5.30-6.30pm     |
| 4 Apr        | CHESTER    | Youth Club at Live! Newscene Centre CH2 2HH with Claire & Nat.                     | 7 – 8.30pm      |
| 5 Apr        | WINSFORD   | Parents Meeting at Subway Delamere St Winsford CW7 2LU with Di.                    | 9.30-10.30am    |

|               |                |   |                     |
|---------------|----------------|---|---------------------|
| <b>5 Apr</b>  | <b>HALTON</b>  | <b>Tubing at Runcorn Ski Centre WA7 6PT with Emily &amp; Rach.</b>              | <b>10-12noon</b>    |
| 5 Apr         | E'PORT         | Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Zara.              | 5-6.30pm            |
| 5 Apr         | RUNCORN        | Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.                     | 6.15-7.30pm         |
| 5 Apr         | E'PORT         | Parents Meeting at Trinity Church CH65 0AB with Nat & Leona.                    | 7-9pm               |
| 7 Apr         | E'PORT         | Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.             | 3-4pm               |
| 7 Apr         | E'PORT         | Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.              | 4.15-5.15pm         |
| 7 Apr         | NORTHWICH      | Family Swim at Memorial Court Northwich CW9 5QJ with Cathy F.                   | 4.30-5.30pm         |
| 8 Apr         | WIDNES         | Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Mel.             | 3-4pm               |
| <b>9 Apr</b>  | <b>E'PORT</b>  | <b>Chester Zoo Ranger Workshops at New Creation Centre CH65 4BW with Emily.</b> | <b>10-3pm</b>       |
| 9 Apr         | RUNCORN        | Parent & Toddler Meeting at our Runcorn Office with Rachael & Leona.            | 10-12pm             |
| 9 Apr         | BLACON         | Parents meeting at Matthew Henry Church CH1 5RS with Toni & Nat.                | 11am-1pm            |
| 9 Apr         | NORTHWICH      | Crafty Club at our Northwich Training Room with Claire & Carey.                 | 1-2.30pm            |
| 9 Apr         | BLAKEMERE      | Barnaby's Playbarn CW8 2EB family session with Carey, Di & Bobbie.              | 5-7pm               |
| 9 Apr         | BLACON         | Kidz Club at Ash Grove Day Nursery CH1 5NF with Nat & Tina.                     | 6.15-7.45pm         |
| 9 Apr         | RUNCORN        | Yoga for Adults at Runcorn Training Room with Rachael.                          | 6.15-7.15pm         |
| <b>10 Apr</b> | <b>CHESTER</b> | <b>Clip &amp; Climb at Flipout Chester CH1 6LT with Carey &amp; Emily.</b>      | <b>10.30-12noon</b> |
| 11 Apr        | CHESTER        | Youth Club at Live! Newscene Centre CH2 2HH with Claire & Nat.                  | 7 – 8.30pm          |
| 12 Apr        | E'PORT         | Youth Club at New Creation Centre CH65 4BW with Tessa & Zara.                   | 6.30-8pm            |
| 12 Apr        | RUNCORN        | Youth Club at The Acorn Club WA7 5EX with Mel & Rach.                           | 7-9pm               |
| <b>13 Apr</b> | <b>LYMM</b>    | <b>Safety workshop at Safety Central WA13 0TE with Emily &amp; Cindy.</b>       | <b>9.30-4.00pm</b>  |
| 13 Apr        | DELAMERE       | Walk for adults at Delamere Forest CW8 2HZ with Carey.                          | 11.45am-2pm         |
| 14 Apr        | WIDNES         | Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.                   | 3.30-4.30pm         |
| 15 Apr        | WINSFORD       | Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Bobbie.             | 10.30-12noon        |
| 15 Apr        | B'TRAFFORD     | Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J & Sam.               | 2-3.45pm            |
| 15 Apr        | WIDNES         | Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Mel.          | 3-4pm               |
| 16 Apr        | CHESTER        | Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.            | 10am-12pm           |
| 16 Apr        | RUNCORN        | Crafty Club at our Runcorn Office with Terri & Rachael.                         | 1-2.30pm            |

|               |                  |   |                    |
|---------------|------------------|---|--------------------|
| 16 Apr        | CHESTER          | Kidz Club at Live! Newscene Centre CH2 2HH with Sam J & Tina.               | 5.15-6.45pm        |
| 16 Apr        | WINSFORD         | Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.                   | 7-8.30pm           |
| 16 Apr        | WINSFORD         | Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.          | 8.30-10pm          |
| <b>17 Apr</b> | <b>NORTHWICH</b> | <b>'FEEL IT' SPD Workshop at Northwich Training Room with Carey.</b>        | <b>12-2.30pm</b>   |
| <b>17 Apr</b> | <b>RUNCORN</b>   | <b>'Best Gift is You' at Runcorn Training Room with Tanja.</b>              | <b>1-2.30pm</b>    |
| 17 Apr        | WIDNES           | Freking Awesome at Salisbury Street Widnes WA8 6AZ with Rachael.            | 5.30-7pm           |
| <b>17 Apr</b> | <b>NORTHWICH</b> | <b>'FEEL IT' SPD Workshop at Northwich Training Room with Carey.</b>        | <b>6.30-9pm</b>    |
| 18 Apr        | RUNCORN          | Crazy Club at Widnes Superbowl The Hive WA8 OTA with Mel and Emily.         | 5-7pm              |
| <b>18 Apr</b> | <b>E'PORT</b>    | <b>Mindfulness for Children at New creation Centre CH65 4BW with Tanja.</b> | <b>5.15-6.15pm</b> |
| 18 Apr        | BLACON           | Parents Meeting at The Enterprise Centre The Parade with Toni & Claire.     | 7-8.45pm           |
| 19 Apr        | KNUTSFORD        | Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.        | 11am-1pm           |
| <b>19 Apr</b> | <b>RUNCORN</b>   | <b>Adult Independence and Living Skills at Runcorn Office with Emily.</b>   | <b>1.30-3pm</b>    |
| 19 Apr        | E'PORT           | Kidz Club at New Creation Centre CH65 4BWwith Sam, Jacqui & Zara.           | 5-6.30pm           |
| 19 Apr        | RUNCORN          | Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.                 | 6.15-7.30pm        |
| <b>20 Apr</b> | <b>RUNCORN</b>   | <b>Training Programme for Parents at Runcorn Office with Emily.</b>         | <b>1-3pm</b>       |
| <b>21 APR</b> | <b>RUNCORN</b>   | <b>Play Therapy at Runcorn Training Room with Tara &amp; Megan.</b>         | <b>10am-12pm</b>   |
| <b>21 APR</b> | <b>NORTHWICH</b> | <b>Mindfulness for Teens at Northwich Training Room with Tanja.</b>         | <b>11am-12pm</b>   |
| 21 Apr        | E'PORT           | Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.         | 3-4pm              |
| 21 Apr        | E'PORT           | Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.          | 4.15-5.15pm        |
| 21 Apr        | WIDNES           | Roller Disco at Ormiston Chadwick Academy WA8 7HU with Mel & Rach.          | 5-5.50pm           |
| 23 Apr        | NORTHWICH        | Crafty Club at Northwich Training Room with Terri & Carey.                  | 1-2.30pm           |
| 23 Apr        | NORTHWICH        | Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy.                    | 5-6.15pm           |
| 23 Apr        | BLACON           | Kidz Club at Ash Grove Day Nursery CH1 5NF with Nat & Sam J.                | 6.15-7.45pm        |
| 23 Apr        | NORTHWICH        | Parents Meeting at Northwich Training Room with Di.                         | 7-9pm              |
| 23 Apr        | RUNCORN          | Spectrum Connect Adults Social at The Halfway House WA7 5NR with Rach.      | 8-9.30pm           |
| <b>24 Apr</b> | <b>NORTHWICH</b> | <b>Together Trust Sleep Clinic at Northwich Training Room with Carey.</b>   | <b>9.30-12noon</b> |
| <b>24 Apr</b> | <b>HARTFORD</b>  | <b>Swimming lessons at Greenbank School Pool with Jeff.</b>                 | <b>4 -5pm</b>      |

|        |            |  |               |
|--------|------------|--|---------------|
| 24 Apr | CREWE      | Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.   | 8-10pm        |
| 25 Apr | B'TRAFFORD | Horse Sense for Parents & Adults at Bridgefields CH2 4JT with Claire.  | 10am-12noon   |
| 25 Apr | WINSFORD   | Urban Air Trampolining Winsford CW7 3RL with Carey, Di & Bobbie.       | 4.30-6.30pm   |
| 25 Apr | CHESTER    | Youth Club at Live! Newscene Centre CH2 2HH with Claire & Nat.         | 7 – 8.30pm    |
| 26 Apr | NORTHWICH  | Yoga for Adults at our Northwich Training Room with Sarah & Carey.     | 11.30-12.30pm |
| 26 Apr | RUNCORN    | Youth Club at The Acorn Club WA7 5EX with Mel & Rach.                  | 7-9pm         |
| 26 Apr | E'PORT     | Youth Club at New Creation Centre CH65 4BW with Tessa & Zara.          | 6.30-8pm      |
| 28 Apr | KNUTSFORD  | Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri. | 2-3pm         |
| 28 Apr | E'PORT     | Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.    | 3-4pm         |
| 28 Apr | E'PORT     | Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.     | 4.15-5.15pm   |
| 30 Apr | WINSFORD   | Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.              | 7 – 8.30pm    |
| 30 Apr | WINSOFRD   | Spectrum Connect at New Images CW7 2HG with Di & Cathy                 | 8.30-10pm     |

**Jo Garner**

MD

07764 842422

[jo@cheshireautism.org.uk](mailto:jo@cheshireautism.org.uk)

**Cindy Seiler**

Business Manager

07476 280356

[business@cheshireautism.org.uk](mailto:business@cheshireautism.org.uk)

**Carey Hulme**

Families Manager

07462 887815

[families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk)

**Emily Abbott**

Support Worker

07462 868322

[support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk)

[www.cheshireautism.org.uk](http://www.cheshireautism.org.uk)



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