

June 2023

ChAPS Newsletter



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**** Booking Reminder ****

*Please can we remind members to book **each person** onto an activity that is **attending** the activity and not the person that is making the booking - thank you!*

Carer Breaks

We are delighted to tell our **Halton** parent/carer members that we have been recommissioned by Halton Borough Council to deliver Carer Breaks until March 2024. We are going to be trialling some different activities this year (which we are very excited about) and are just waiting for venue confirmation before we launch them - hopefully next month, so watch this space!

Cheshire parent/carer members - we have some more "Walk and Talks" coming up this month - these are an ideal opportunity to get out into the fresh air, chat with like minded people and have some very important "you" time. Have a look at the activities below and get yourself booked on!

Something New!

As a small charity, we rely on the goodwill of our supporters and we are incredibly grateful to anyone that gives up their time to help us so that we can focus on what we do best - supporting our members!

We know that there are some very skilled people amongst our membership that we could work with and promote through this newsletter (it reaches hundreds of people!), so we are introducing something new - **A Monthly Trade!**

Each month, we will be hoping for assistance with a task in exchange for some advertising space in the newsletter. So, to kick us off this month...PAT Testing! Our appliances at the centre in Northwich are due their annual check - are you an electrician that wouldn't mind donating some time to carry out this important job? Do you know someone that would be able to help us out? If you do, please email info@cheshireautism.org.uk - we really hope to hear from you!

Chester Annual Sponsored Walk



It's that time of year again when we launch our annual sponsored walk. This year it will take place on Sunday 17th September, setting off from Chester Racecourse at 11am with the added incentive of edible goodies along the way!

If you would like to join us, please email Chloe on chloe.carter@cheshireautism.org.uk - the more the merrier so feel free to invite friends and family too as this is a really lovely day out. Many thanks to Chester Business Club for inviting us to take part and nominating us as one of their chosen charities, we are very grateful!

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ChAPS Newsletter



Outside ChAPS

This part of the newsletter focusses on services external to ChAPS that we feel may be of interest to you.

Who Will Care After I've Gone Course

Cheshire West Carer Support in conjunction with **Making Space** are holding the above course on Monday 5th and Monday 12th June, 10:30am - 2:00pm at The Pavilion, Wealstone Lane, Upton, Chester CH2 1HD.

The course will offer the knowledge and emotional support to plan ahead with the offer of completing a "My Preferred Priorities for Care" at the end of the course.

If you are interested in attending, contact Yvonne on cheshirewestcarersupport@makingspace.co.uk or telephone 01606 606694 or 07773226174.

Daresbury Laboratory Open Day

The Science and Technology Facilities Council (STFC) and the Sci-Tech Daresbury campus are throwing open their doors for a free day of fun for all ages on Saturday 15th July between 10am and 4pm.

This is a rare chance to step inside one of the only three national laboratories to find out more about the world-class science and research happening at the campus, and across the UK. Most areas of the campus are accessible and there will be designated safe areas and quiet spaces to enable those who need to, to self-regulate.

Although the event is free, advance booking is strongly recommended - click [here](#) for more information.

Disability Information Bureau

DIB have a new service called Welfare, Wellbeing and Work. With the support of the National Lottery, DIB will be able to have a wider reach to support the disabled community and carers in response to the cost-of-living crisis, support with their finances, benefit/allowance claims alongside offering additional support with work and training opportunities to help improve their financial situation.

If you live in Alsager, Congleton, Crewe, Knutsford, Macclesfield, Middlewich, Nantwich, Poynton, Sandbach and Wilmslow and need help please get in touch with Disability Information Bureau:

Tel: 01625 501759 Email: info@dibservices.org.uk

Faraday Inclusion and Sensory Zone

A new sensory room has opened in Runcorn, based at the Faraday Mobility Centre (behind Weatherspoons on Public Hall Street).

This is an ongoing project to offer the community a safe space and is available for groups of 6-8 or for private bookings. For further information, please visit their Facebook page [here](#)



June 2023

Activity Links



Activities for Autistic Children

These activities are for autistic children only

(Activities listed in alphabetical order by location/town)

BRIDGE TRAFFORD:

Animal Therapy (4-18 years old)

- Sunday 18th June, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 7th June, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 12th June, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

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- Monday 26th June, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 5th June, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

- Monday 19th June, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Thursday 1st June, 5.45-7.15pm at Theatre Porto, CH65 6QY
- Thursday 15th June, 5.45-7.15pm at Theatre Porto, CH65 6QY

Youth Club (11-17 years old)

- Thursday 8th June, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 22nd June, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Boxing Sessions at New Era Community Boxing (9 – 17 years old)

Kids Club (7-11 years old)

- Monday 5th June, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 19th June, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 12th June, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 26th June, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-18 years old)

- Wednesday 14th June, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 28th June, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 11th June, 12.30-1.15pm or 1.30-2.15pm at Martial Arts Centre, WA8 OGZ

ONLINE SESSIONS:

Children's Chat:

- Monday 12th June, 7-7.45pm
- Monday 26th June, 7-7.45pm

Children's Mindfulness:

- Monday 5th June, 7-7.45pm
- Monday 19th June, 7-7.45pm

Teen Chat (12-18 years old)

- Monday 5th June, 7-7.45pm
- Monday 19th June, 7-7.45pm

Teen Mindfulness (12-18 years old)

- Monday 12th June, 8-8.45pm
- Monday 26th June, 8-8.45pm

Activities for Families:

These activities are for the whole family, including siblings.

(Activities listed in alphabetical order by location/town)

CHESTER:

Zippy's Playworld (Under 11 years old)

- Tuesday 30th May, 4.30-6pm at Chester Grange Road, Unit 5, CH2 2AN

ELLESMERE PORT:

Multi Sports

- Saturday 10th June, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 24th June, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Geek Retreat

- Tuesday 6th June, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT
- Tuesday 20th June, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT

WINSFORD:

Urban Air Trampoline Park

- Wednesday 28th June at Urban Air Trampoline Park, CW7 3RL

4.30pm (under 10 years old) 5.30pm (11-18 years old)

Activities for Parents/Carers: (Activities listed in alphabetical order by location/town)

CHESTER:

Chester Wellbeing Weekend

- Saturday 3rd June, 10am-1pm at St Mary's Handbridge, Chester, CH4 7HL
- Saturday 17th June, 10am-1pm at St Mary's Handbridge, CH4 7HL

Parents' Meet

- Wednesday 21st June, 10am-12pm at Lache Community Centre, CH4 8HX

Walk & Talks

- Wednesday 14th June, 10-11.30am at Countess of Chester Country Park, CH2 1UL
- Wednesday 28th June, 10-11.30am at Countess of Chester Country Park, CH2 1UL

ELLESMERE PORT:

Parents' Meet

- Thursday 1st June, 7.30-8.45pm at Theatre Porto, CH65 6QY

KNUTSFORD:

Parents' of Adults Meet

- Friday 23rd June, 11am-1pm, Venue TBC

NORTHWICH:

Crafty Club

- Monday 12th June, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 26th June, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Northwich Wellbeing Weekend

- Sunday 11th June, 11am-2pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 27th June, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

Parents' & Adults Walk at Delamere Forest

- Friday 30th June, 12-2pm at Delamere Forest, CW8 2HZ

RockBox

- Tuesday 20th June, 7-8pm at ChAPS Autism Ark, CW8 1BE

Walk & Talk

- Friday 9th June, 11am-12pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Tuesday 27th June, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE

WIDNES:

Anti-Gravity Yoga Adults

- Sunday 25th June, 3.30-4.30pm at Martial Arts Centre, WA8 OGZ

Activities for Autistic Adults:

(Activities listed in alphabetical order by location/town)

NORTHWICH:

Adults & Parents Walk at Delamere Forest

- Friday 30th June, 12-2pm at Delamere Forest, CW8 2HZ

Crafty Club

- Monday 12th June, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 26th June, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Geek Retreat

- Tuesday 6th June, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT
- Tuesday 20th June, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT

RockBox

- Tuesday 20th June, 7-8pm at ChAPS Autism Ark, CW8 1BE

Spectrum Connect Northwich

- Monday 19th June, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Tuesday 27th June, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults Meet Runcorn

- Wednesday 7th June, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 21st June, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults Meet Warrington

- Wednesday 14th June, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 28th June, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 5th June, 7.30-9pm at The Hive, CW7 3DA.

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 7th June, 6-7pm
- Wednesday 14th June, 6-7pm
- Wednesday 21st June, 6-7pm
- Wednesday 28th June, 6-7pm

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Need More Help?



To make initial contact with staff, please use info@cheshireautism.org.uk and your email will be

Ruth/Lisa - Admin Staff

For Attention Cards, Gift Aid, Child Registration Forms and everything else admin



Chloe - Activities and Fundraising Coordinator

For Activities, Room Bookings at The Ark and Fundraising

T: 07491 001360



Emma - Specialist Teacher

For Mental Health Therapy, Adult Sessions, Support & Training

T: 07462 868322



Caron - Support Worker

For Advice, Signposting & Support

Carey - Families Manager

For Counselling, Learning4Life, Swimming, Intensive Group Sessions & Support

T: 07462 887815



Natalie - Business Manager

For Recruitment, Finance, GDPR, Safeguarding, Health & Safety & Marketing

T: 07476 280356



Michelle - Chief Executive Officer

For Strategic Planning, Governance, Funding and Operational Management

E: michelle.collard@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.

