



Information

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 suffering with either mental ill health or a learning disability. They have a carer support group every 3rd Thursday of the month at Waterside House, Navigation Road, Northwich CW8 1BE. 10am-1pm and any new attendees would be warmly welcomed. If you would like more information on what services Making Space provide to carers, please contact their office on **01606 606694**.

Blue Room Halton is an arts programme for young learning disabled people interested in art that will happen at **Norton Priory** every Friday. For two months in August and September all day sessions (9.30 - 3.30/4) will be free. After that, sessions cost £54 per day and will include access to personal care from a trained support worker. For more information please contact Laura on laura.y@thebluecoat.org.uk

Halton Speech and Language Therapy Service is now in operation. The Heath Business & Technical Park, Runcorn WA7 4QX. To get advice you can email office@chatter-bug.com or call 0113 240 8510.

Barnton Primary Children's Centre are hosting 'Stay and Play' sessions for pre-schoolers on Mondays (term time). 1.30 -3pm. For more information and to book a place please contact Rosebank School on **01606 74975**.

Making Space are hosting a Carers Coffee Morning on Wednesday 26th September for those who care for an adult loved one with Learning Disabilities / Autism and would like to meet other carers. This will be held at Winsford Library (upstairs café), High Street, Winsford CW7 2AS. 10am-12pm.

Autism Support Hub & Library which is run by The National Autistic Society CWaC is moving to Maple Bungalow, Greenbank School, Greenbank Lane, Northwich CW8 1LD in September. The Autism Support Hub is a place where you can access over 800 books and other resources. NAS promote 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 autismlibrary@rosebank.cheshire.sch.uk or call on 01606 783295.

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**.

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**.

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 and for times and venues please check out the following website www.cheshireandwarringtoncarers.org

Ellesmere Port Autistic Spectrum Support their next coffee morning will be Tuesday 18th September 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 Tessa Ede search for EPASS on Facebook.

Westminster Families Community Group is run by families in the Westminster area of Ellesmere Port. There is a monthly community café and other events for Ellesmere Port residents. For details view their Facebook group <https://www.facebook.com/Westminster-Families-CG-149895718528317/> or contact Lisa Denson on 07948 613749. **Healthbox CIC** have just started hosting free children's outdoor yoga sessions on Saturdays 3.30-4.30pm for children age 4-7 years. For booking contact seona@healthboxcis.com or call 0151 355 0205.

Cheshire Oaks host an autism-friendly shopping experience once a month. The next session will be on Tuesday 11th September. 5-8pm. Lights are dimmed, music is low and quiet spaces are on offer to relax. At the Visitors' Centre you can collect a map of the site and an alert card you can use to show a member of staff if you require any assistance. For more information call **0151 348 5600**.

Storyhouse in Chester are hosting the Kaleidoscope Festival starting Saturday 15th September. This is a week-long festival celebrating disability and challenging stereotypes running from Saturday 15th September – Saturday 22nd September. For more information about the week, please go to <https://www.storyhouse.com/kaleidoscope>

NHS Vale Royal and South Cheshire are providing a Parenting Support Programme for parents of children diagnosed with ASC. The course provides a comprehensive resource book of practical tips and ideas and gives parents a source of strategies and information to support a child with autism and the opportunity to meet other parents.

For the **South Cheshire** course running on a Monday please go to www.eventbrite.co.uk/e/autism-course-tickets-45513569311. For the **Vale Royal** course running on a Saturday, go to www.eventbrite.co.uk/e/autism-course-tickets-45516488041

Susan Kaur is a qualified therapist who has been working as a CAMHS practitioner for four years. With her knowledge and experience working with children with ASC, she will be delivering individual workshops for children and parents. The workshops and therapy sessions will focus on art therapy with mindfulness, anger

management, emotional resilience, CBT therapy, and one-to-one intervention. The sessions will run in age appropriate hour-long blocks between 9am - 5pm every Wednesday. For more information about the workshops on offer and to book a place please call Susan on **07715802776** or email **susankaur1976@hotmail.co.uk**.

Future Events

NAS are hosting an Exclusions Seminar on **Thursday 22nd November 2018**. This will take place at their new Hub at **Greenbank School, Northwich**. This seminar is for all parents and carers of children and young people with autism who would like to know what they can do if their child is excluded from school, or is at risk of exclusion. The talk will cover official exclusions (fixed period and permanent), but also informal (unlawful) exclusions, internal exclusions, part-time timetables, managed moves and the exclusion of pupils on the autism spectrum from school trips and afterschool clubs. To book please go to - <http://bookwhen.com/exclusion>

Geoff Evans from Teach You Ltd, will be delivering a talk on '**Sexuality in Adolescence**' on **4th October** at St John's Church Hall, Church Lane, Guilden Sutton, CH3 7EW. Originally a Social Worker, Geoff has focused his career around supporting individuals with autism and is considered by many as an expert in the field, having recently been recognised as a finalist for the NAS lifetime achievement Award and the LiangBuisson outstanding contribution award. To book on, please go to <https://bookwhen.com/sexuality>.

CAMHS are now running recruitment events for parents who are interested in attending their Cygnet Group which is a parenting support programme developed for parents and carers of children/young people aged 8-16 years who have a diagnosis of an Autistic Spectrum Condition. Their next recruitment event is running on **Friday 12th October 2018** (*for groups running in 2019*), **8:30am - 12:15pm at Stanney Lane Clinic, Ellesmere Port** and then **2pm – 5:30pm at Marsden House, Brookdale Place, Chester**. Parents do not need to book, this is a drop in service where parents can come along and understand better what the group is about and if it would be beneficial to them.

NAS are holding a Too Much Information - Autism awareness talk at Storyhouse, Chester on Tuesday 9th October. This event will be presented by our volunteer Karen McGuinness and is open to anyone. To book a place go to <http://bookwhen.com/tmi87>

North Wales' 3rd Annual Autism Conference 'Embracing the Autistic Voice to Transform Attitudes' will take place on Friday 19th October 2018 at Catrin Finch Centre, Glyndwr University, Wrexham LL11 2AW. 8.30am-5pm. Guest speakers will be Dr Wenn Lawson, Dr Luke Beardon & Dean Beadle. To purchase tickets for this event, please visit <http://shoutout.wix.com/so/3MIaTkRX?cid=e6b2f65d-a9ed-4448-9de6-19f5ec1749ae#/main>

Activities for Adults on the Spectrum

Adult Independence and Living Skills Part 1 will be running again in the Ellesmere Port area starting Tuesday September 18th at 1pm. This 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 this course, please contact **Carey** on families@cheshireautism.org.uk and she will be able to answer your questions 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 1st and 3rd Mondays in **Runcorn** office 12.30pm- 2pm, and 2nd and 4th Mondays in **Northwich** office 1pm- 2.30pm. There are many lovely creations being produced in these sessions - thank you **Terri**.

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 3rd** and **Monday 17th September**. 8.30-10pm. Quizzes, board games as well as table football, table tennis and pool.

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 24th September**. 8-9.30pm.

Spectrum Connect CHESTER will meet at Meltdown Café CH4 7BU on **Thursday 13th September**. 7-9pm.

Yoga session for Parents and Adults on the Spectrum join us for a lovely relaxing session!

Our Halton session will run on **Thursday 27th September** at our **Runcorn Training Room 1-2pm** and we are holding two sessions at Northwich Training Room on **Tuesday 11th September, 10-11am** and **Thursday 27th September 11.30am-12.30pm**.

Delamere Walk with **Carey** on Friday 21st September. 11.30am-2pm. Please message Carey if you are joining the walk.

A Quiz Night for Adults on the Spectrum will be held at The Spinner and Bergamot pub in Comberbach, Northwich, CW9 6AY with **Carey** on **Monday 29th October**. Please email Carey on families@cheshireautism.org.uk for more information.

ChAPS News

ChAPS Website is continually being updated with the Local and National Services, so please do have a look as there is plenty of signposting advice there <http://www.cheshireautism.org.uk/>

Lego Therapy Club This is an intensive session for a small group of children age 10+. Each child is initially offered six sessions. The sessions will be in Northwich in our Training Room 5-6.30pm. You can use the car park. **Cathy** is also going to lead these sessions. The Sept/October sessions are currently full but please email **Carey** on families@cheshireautism.org.uk if your child would like to be considered. We are aiming to run Runcorn sessions after October half term.

NEW! Men's Meet-Up at The Clock Tower, Northwich CW9 5NF with **Jeff**. This will take place every 3rd Wednesday in the month. 7:30-8:30pm. Come along to meet other Dads & Males on the spectrum. A chance to socialise, chat and have a drink!

Circus Starr is coming to Warrington for one day only! This relaxed and inclusive show starts at 2pm on Sunday 23 September at Victoria Park in Warrington. Come with the family to the Big Top to see a spectacular new line up of world class circus performers.

We are now providing a member of staff over the weekend (9am till 5pm) to help with bookings, cancellations, advice or signposting. On Saturdays please contact **Rachael Chaps** and on Sundays **Samantha Chaps** will be looking after you.

We have more new courses starting!

The Best Gift is YOU will begin on Monday 10th September. This course is a therapeutic Mindfulness programme for parents and adults on the autism spectrum running over 6 weeks. The course will be held at our **Northwich Training Room. 7-9pm.**

Parent Training Programme After the success of running this course in Northwich in June, we are happy to be repeating the programme in the autumn term at our Runcorn training room. Many thanks to Sarah Cobbe for providing this fantastic training.

NEW! Supporting the Wellbeing & Mental Health of Autistic Children and Young People Training

The Charlie Waller Memorial Trust was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust to educate young people in the importance of staying mentally well and how to do so. Our 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 workshop for **ChAPS** members will be specifically tailored to supporting the needs of autistic children and young people with a special focus on anxiety. It will be delivered by Jo Billington, a Doctoral Researcher in the Centre for Autism at the University of Reading who is also parent to two autistic boys. Thank you to Jo for providing this workshop... **It will run twice in September at our Northwich training room and be repeated in Runcorn in the New Year!**

Swimming Lessons will start again in September. **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.

Diary Events

Please book them in your diary!

(Bold are the extra activities)

1 Sep	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
2 Sep	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	10.30-12pm
3 Sep	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Nat.	11am-1pm
3 Sep	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
3 Sep	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
3 Sep	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
3 Sep	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Di & Cathy.	8.30-10pm
4 Sep	WIDNES	Freaking Awesome at Salisbury Street Widnes WA8 6AZ with Rach & Mel.	5.30-7pm
5 Sep	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi, Di & Cathy.	4.30-5.30pm
5 Sep	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm
6 Sep	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
6 Sep	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Jacqui, Paul & Zara.	5-6.30pm
6 Sep	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
6 Sep	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Nat & Leona.	7-9pm
8 Sep	NORTHWICH	Play Therapy at Northwich Training Room with Megan & Tara.	10.30am-1pm
8 Sep	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
8 Sep	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
8 Sep	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
9 Sep	WIDNES	Anti-Gravity Yoga for Kidz at Martial Arts Centre WA8 0QZ with Mel.	2-4pm
10 Sep	RUNCORN	Parent & Toddler Meeting at our Runcorn Office with Rach & Leona.	10am-12pm
10 Sep	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
10 Sep	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
10 Sep	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Kat & Tina.	6.15-7.45pm
10 Sep	NORTHWICH	The Best Gift is YOU at our Northwich Training Room with Tanja.	7-9pm
11 Sep	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	10-11am
11 Sep	NORTHWICH	Children's Mindfulness at our Northwich Training Room with Tanja.	5.30-6.50pm

12 Sep	RUNCORN	Children's Mindfulness at our Runcorn Training Room with Tanja.	5.30-6.50pm
12 Sep	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Nat & Jonny.	7-8.30pm
13 Sep	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
13 Sep	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
13 Sep	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-9pm
13 Sep	HANDBRIDGE	Spectrum Connect at Meltdown Café CH4 7BU with Claire.	7-9pm
16 Sep	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-11.30am
16 Sep	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J.	2-4pm
16 Sep	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
17 Sep	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
17 Sep	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
17 Sep	WINSFORD	Gardening at Over Allotments Winsford CW7 2ED with Di.	3.30-5pm
17 Sep	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
17 Sep	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
17 Sep	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
18 Sep	E PORT	Adults Ind. & LS Course at New Creation Centre CH65 4BW with OSSME.	1-2.30pm
18 Sep	WIDNES	Freaking Awesome at Salisbury Street Widnes WA8 6AZ with Rach & Mel.	5.30-7pm
19 Sep	CHESTER	Family session Fun 4 All Sealand Ind Est CH1 4NT with Toni, Tina & Claire.	4-6pm
19 Sep	WIDNES	Family Session at Velocity WA8 0GW with Mel, Rachael & Emily.	5-6pm
19 Sep	NORTHWICH	Children's Mental Health & Well-being Training at Northwich with Cindy.	6-9pm
19 Sep	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-8.30pm
20 Sep	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
20 Sep	NORTHWICH	Children's Mental Health & Well-being Training at Northwich with Cindy.	1-4pm
20 Sep	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Jacqui, Paul & Zara.	5-6.30pm
20 Sep	NORTHWICH	Lego Therapy Club at Northwich Training Room with Cathy F & Bobbie	5-6.30pm
20 Sep	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
20 Sep	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm

21 Sep	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
22 Sep	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
22 Sep	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
22 Sep	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
23 Sep	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nicola.	11am-1.30pm
23 Sep	WARRINGTON	Circus Starr at Victoria Park, Latchford, Warrington, WA4 1DG	2 – 3.30pm
24 Sep	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
24 Sep	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy F.	5-6.15pm
24 Sep	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Tina & Kat.	6.15-7.45pm
24 Sep	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
24 Sep	RUNCORN	Spectrum Connect Adults Social at The Halfway House WA7 5NR with Rach.	8-9.30pm
25 Sep	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
26 Sep	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
26 Sep	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Di & Carey.	4.30-6.30pm
26 Sep	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Nat & Jonny.	7-8.30pm
27 Sep	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
27 Sep	RUNCORN	Yoga for Adults at Runcorn Training Room with Stubbs Yoga.	1-2pm
27 Sep	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
27 Sep	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-9pm

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

Carey *for advocacy, 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 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



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