



Newsletter

January 2017

## Information

**Scope Face2Face North West Conference** highlighting the challenges face by parents of children with additional and complex needs will take place on Thursday 19<sup>th</sup> January 2017 9.30am – 2.30pm at The Conference Centre, Alder Hey Children's Hospital L14 5AB. Booking essential contact [Alison.tonge@scope.org.uk](mailto:Alison.tonge@scope.org.uk) or call 07824 824204.

Cheshire East Parent Carer Forum are hosting a **free Conference on Autism and Mental Health** on Monday 23<sup>rd</sup> January at Priestnall School, Stockport, SK4 3HP. For more info, <http://space4autism.com/wp-content/uploads/2016/12/23-Jan-Parent-Carer-Event-2017.pdf>

**IASS Cheshire West** are hosting an info day Wednesday 25<sup>th</sup> Jan – **Understanding an EHCP** at Chester Rugby Club, CH3 7DB, 10am – 1.30pm. Book here, <https://v1.bookwhen.com/cwac-forum> Please use the same booking link for **Parent Carer training programme**, a 5 week course, 31<sup>st</sup> Jan, 7<sup>th</sup> 14<sup>th</sup> 28<sup>th</sup> Feb and 7<sup>th</sup> mar to include SEN support in schools, the Statutory Assessment process, PCP approaches, disagreement resolution as well as communication skills. This course will run Tuesdays in Ellesmere Port 10am – 2pm.

A free interactive workshop delivered by an experienced trainer from the **Council for Disabled Children**. Come along and explore together **how the CAMHS system works** and how you can try to get the best out of it for your family. Places are limited so please book as soon as you can. Monday, 6<sup>th</sup> February 2017 (9:45 – 14:15), Chester Rugby Club. <https://www.eventbrite.co.uk/e/expert-parent-programme-and-child-adolescent-mental-health-services-camhs-workshop-chester-tickets-29434216534>

**Inclusive Arts Events** this January at **The Bluecoat**, Liverpool. Please see their website for more details, tickets & Information 0151 702 5324 Bluecoat, School Lane, Liverpool L1 3BX [www.thebluecoat.org.uk](http://www.thebluecoat.org.uk)

"**Tanja Sharpe - Integrative Family Counselling & Mindfulness Cheshire**" [www.tanjasharpe.com](http://www.tanjasharpe.com) Offering; \*Young people's one to one & group counselling - ages 7+ in Schools, from one of our counselling rooms or online \*Parents/Carers & Adults in one of our rooms or online. **ChAPS families discount** at £25 per hour \*Mindfulness - by arrangement through ChAPS <https://tanjasharpe.com/> Thanks very much Tanja – highly recommended by ChAPS.

**Space4Autism** at the Space Centre, Macclesfield, CW11 7NJ They are providing some free 1-1 appointments for their members with Estelle from B.I.R.D charity on Friday 20<sup>th</sup> January. Check out their website for more info, <http://space4autism.com> or email [info.space@hotmail.com](mailto:info.space@hotmail.com) to book a place. Also **Space Hoppers**, a parent carer pre-school playgroup for 0-4yrs starts back every term time Monday morning 9.15-11am from 16<sup>th</sup> January.

**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 Crewe, Congleton, Macclesfield and Poynton coffee mornings, times and venues, please check out the following website [www.cheshireandwarringtoncarers.org](http://www.cheshireandwarringtoncarers.org)

**MindEd** for Families provide some excellent **online training for parents** about all sorts of subjects around supporting your child's best interests, including Child and Teen Development, Trauma and Coping, Attachment and Medication. Visit <https://www.minded.org.uk/> and see the Families section.

**Autism Hub at Rosebank Library** are open Wednesdays 10-6pm and have a range of resources as well as books to borrow. Parent membership costs £10 annually. For more information email [autismlibrary@rosebank.cheshire.sch.uk](mailto:autismlibrary@rosebank.cheshire.sch.uk) or call on 01606 74975.

**Autism Awareness training** on Monday 30<sup>th</sup> Jan 9.30am- 12.30pm at **Ellesmere Port Civic Hall**. This is free training, but there may be a charge for non-attendance. Please book on here [trainingbookings@qwestservices.co.uk](mailto:trainingbookings@qwestservices.co.uk) and include the words AUTISM TRAINING as well as the date and venue.

**Ellesmere Port Autistic Spectrum Support** their next coffee morning will be Tuesday January 19<sup>th</sup> at Cook Street Café CH65 4AT from 9.30–11.30am.

**Urban Air Trampoline Park** in Winsford is a new trampoline park and they are keen to attract the autism community and provide autism friendly sessions. The **UA Connect** session on Sunday mornings caters for disability and autism, with low arousal and smaller numbers £7.50 per session carers go free. **ChAPS now doing a monthly session here!!!**

The **Broad Street Project** are running two new groups, one for **parents and toddlers with autism**, on Thursdays 10 - 11.30am, and one for **Asperger's 16+ called Just Talk**, Wednesdays 7-8.30pm. Both groups are held at The Broad Street Project, Broad Street, Crewe CW1 3UD, and more info can be obtained by calling 01270 255355 or email [cheshireacadem@aol.com](mailto:cheshireacadem@aol.com)

One of our parents has recommended **Otterspool Adventure Centre**, Liverpool L17 5AL. Please see Facebook for events and opening times, call 0151 494 3044 or email [info@otterspooladventurecentre.co.uk](mailto:info@otterspooladventurecentre.co.uk)

**Your Family Matters** are a **mediation service** for any one in dispute with their local authority, SEN team, school, social care, health department or any other professional regarding their child's education, social care or health needs. They can be contacted by email on [admin@yourfamilymatters.org.uk](mailto:admin@yourfamilymatters.org.uk) or by phone 0161 300 9721.

**Autism friendly screenings** of films for children (and some cinemas are now trialing older children and adult screenings) are all listed on this handy website <https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/> Prices from £1.99 Some cinemas will accept a DLA letter as proof of disability and allow carers to go free.

**Liverpool museums** are running some **autism- friendly sessions**, some are in the term time (maybe suitable for home schoolers) and some in the holidays and weekends. See here for more details <http://www.liverpoolmuseums.org.uk/learning/autism-sessions.aspx> (remember Mersey rail do family day passes on the train from Chester or Ellesmere Port). <http://www.skillsforcare.org.uk/Employing-your-own-care-and-support/Information-hub.aspx> is a useful hub providing info around employing PAs.

## Future Events

**Cheshire Carers Trust** are hosting **Half Term Family Activity Events** on Tuesday 21<sup>st</sup> Feb and Friday 24<sup>th</sup> Feb at Hebden Green School 10am -2pm, drop-in or stay all day. Family fun and activities to include Teddy Bear's Picnic on Tuesday and a Buffet Lunch on Friday. For more info please email [sarah@cheshireandwarringtoncarers.org](mailto:sarah@cheshireandwarringtoncarers.org) or call 01606 352834.

**YesFest! Family festival** at Lea Green Learning and Development Centre, Matlock, Derbyshire, DE4 5GJ. Save the Date – **Sunday 14<sup>th</sup> May** – Live Music, quality food stalls, outdoor activities. Email your interest to [jennifer.ibbotson@fair-play.co.uk](mailto:jennifer.ibbotson@fair-play.co.uk)

## Book Suggestions

If you have read something and want to comment on the book, that you think other members will enjoy or benefit from, please get in touch with Carey [support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk) to include book suggestions.

Not a book this month, but a very interesting and informative talk I attended at The Bren Project in Chester and wanted to share with you...

The Bren Project were delighted to host a talk from Paul Simpson at Live! Newscene on Tuesday 6<sup>th</sup> December for staff as well as other interested organizations and employers. Paul lives in Frodsham and he has Asperger's. His talk was about his experiences with accessing the workplace. Paul is very motivated and positive about encouraging others to reach their full potential. He is passionate about educating others about how people on the spectrum can be best supported to succeed in employment. Paul is a beneficiary of the Bren Project and he is keen to do further talks as well as continuing to work hard on his blog and with organizing social meets in the local area.

## Activities for Adults on the Spectrum

**Spectrum Connect** will meet at New Images, Winsford on **Monday 16<sup>th</sup> January** 8.30-10pm. –only one session in Jan due to Bank holiday.

**Delamere Walk** and optional Lunch (or bring your own) on **Friday 6<sup>th</sup> January**. Meet at **Delamere STATION café Car park** at 11.30 to walk at 12noon. Lunch can be brought or purchased from the Cafes at the Forest.

**Parents of Adults** meeting at **The Cross Keys** King Street Knutsford will be **Thursday 19<sup>th</sup> January**.

**New Chester group** for Adults **ASPIRE**. See Facebook for more info on this group  
<https://m.facebook.com/groups/491332914410676>

For ideas, discussion or support please email Carey on [support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk)

## ChAPS News

Our **Chartered Institute of Environmental Health qualification in Food and Safety** for adults on the spectrum starts on Wednesday 11 January at 10.30am till noon in our Runcorn Training Room. These run for 6 weeks and will have a maximum of 6 adults attending.

As does our **Primary Mindfulness** for children 6 till 7pm in our Runcorn Training Room running for 8 weeks and in small groups of 6 again. Topics covered will be Forming a Group Bond, CATS – Calming Anxiety Tools, The Anger Train, A Stormy Mind vs A Calm Mind, Super Powers - Friendships, confidence & kindness, My Body – The Bank, My Awesome Brain? Moods & Emotions, and Celebrating ME – My wins, goals & going forward.

Don't miss this fantastic opportunity to give your child coping skills. As these are being run by a qualified Youth Mindfulness Counsellor there will be a donation of £50 each child, thank you. Children of a similar age and capability will be chosen and confirmed week beginning 3 January by email.

We will have lots of new sessions in 2017 – intensive social skills classes for children, another CIEH qualification for adults, independence and living skills for adults and a full range of parental training starting on 1 February with First Aid. In March we have Pathological Demand Avoidance and Sensory Processing Disorder training too. We will be running Mindfulness for siblings too later in the year.

As Carey and Jen will both be full time from January there will be a reshuffle of who does what, so changes will be emailed to you as and when they are decided.

**Our Office** is open every Friday morning from 10am till 12 – so please call in and see us if you need advice or support. Room 1, Ground Floor, The Old Police Station, Mersey Road, Runcorn WA7 1DF. There is minimal parking behind the building, extra parking is available at the traffic lights opposite The Brindley. Our entryphone is the doorway next to the railings on Mersey Road.

## Diary Events

**Please book them in your diary!**

2 Jan	FORMBY	Horse Back Pantomime. A spectacular afternoon with Carey.	1pm
3 Jan	NORTHWICH	The Club our specialized socialization group starts back weekly.	5-6.30pm
4 Jan	WINSFORD	Roller Disco at Winsford Lifestyle Centre with Carey & Jen.	12-1pm
5 Jan	CREWE	Bowling & Lunch at Crewe MAC with Carey.	11am-1pm
5 Jan	TARVIN	Keyboard Kids taster session of musical instruments with Carey.	3-4pm
5 Jan	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul & Sam.	5-6.30pm
5 Jan	E'PORT	Parents meeting at Trinity Church Whitby Road CH65 0AB with Paul & Sam.	7-9pm
5 Jan	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Mel.	6.15-7.30pm
6 Jan	DELAMERE	Walk for the whole family please message Carey.	11.45-2pm
7 Jan	NORTHWICH	Family Swim at Memorial Hall Northwich with Terri. Slide only.	4.30-5.30pm
7 Jan	RUNCORN	Family Swim at Beechwood Pool with Jen.	5.30-6.30pm
8 Jan	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Jen.	4-5pm
9 Jan	BLACON	Kidz Club at Blacon Adventure Playground Kipling Road with Caireen & Nat.	4.45-6.15pm
9 Jan	BLAKEMERE	Barnaby's Playbarn family session with Jo, Carey & Bobbie.	5-7pm
11 Jan	RUNCORN	CIEH Qualification Food & Safety for adults on the spectrum 6 week course.	10.30am-12
11 Jan	RUNCORN	Primary Mindfulness for children 8 week course.	6-7pm
11 Jan	BLACON	Parents meeting at The Enterprise Centre The Parade with Toni & Caireen.	7-8.45pm
12 Jan	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Tessa.	7-9pm
12 Jan	RUNCORN	Youth Club at Lord Taverners Woodside Runcorn WA7 2PG with Jen & Mel.	7-9pm
14 Jan	E'PORT	Family Swim at Ellesmere Port Village with Caireen.	4.30-5.30pm
15 Jan	NORTHWICH	Gym with Music at Northwich Youth Centre CW8 4DE with Simon.	11.30-12.30pm
15 Jan	M'TRAFFORD	Animal Interaction at Bridgefields Mickle Trafford CH2 4JT with Caireen.	2-4pm

15 Jan	WIDNES	Anti-Gravity Yoga for Kids at Martial Arts Centre Widnes WA8 0QZ with Jen.	4-5pm
16 Jan	CHESTER	Parents meeting at Kingsway Comm Suite, Kingswood, Kingsway with Eve.	10am-12
16 Jan	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	5.15-6.45pm
16 Jan	WINSFORD	Youth Club at New Images Dixon Drive CW7 2HGwith Nic, Cathy & Bobbie.	7-8.30pm
16 Jan	WINSFORD	Spectrum Connect for adults at New Images CW7 2HGwith Nic & Cathy.	8.30-10pm
18 Jan	WIDNES	Crazy Club & Bowling & Art at The Hive with Jo, Jen & Cathy.	5-7pm
18 Jan	NORTHWICH	Yoga for Parents at The Venue Gadbrook Road CW9 7JL with Sarah.	7.30-8.30pm
19 Jan	KNUTSFORD	Parents of adults meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
19 Jan	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul & Sam.	5-6.30pm
19 Jan	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Mel.	6.15-7.30pm
23 Jan	BLACON	Kidz Club at Blacon Adventure Playground Kipling Road with Caireen & Nat.	4.45-6.15pm
23 Jan	NORTHWICH	Parents support meeting at our new Training Room with Library.	7-9pm
23 Jan	RUNCORN	Spectrum Connect adults social at The Halfway House WA7 5NR with Jen.	8-9.30pm
25 Jan	WINSFORD	Urban Air Trampolining in Winsford CW7 3RL with Carey & Jen.	5-6pm
25 Jan	CHESTER	Youth Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	7.30-9pm
26 Jan	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Tessa.	7-9pm
26 Jan	RUNCORN	Youth Club at Lord Taverners Woodside Runcorn WA7 2PG with Jen & Mel.	7-9pm
28 Jan	KNUTSFORD	Pony Riding at Holly Farm Plumley Moor Road WA16 9PU with Terri.	2-3pm
31 Jan	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm

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