

Information

Information, Advice & Support Service have teams who offer 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 the 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/>

Stem4 is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage. Stem4 offers early detection through education in secondary schools and early digital intervention. Based on the requests made by many students, Clear Fear and Calm Harm are apps developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, mobile phone apps designed to help young people manage their mental wellbeing, they should be used to support and provide guidance but do not substitute the assessment and ongoing support of a mental health professional For more information visit <https://calmharm.co.uk/> and <https://www.clearfear.co.uk/>

Autism Support Hub & Resource Library which is run by The National Autistic Society CW Branch is now at **Maple Bungalow, Greenbank School, Greenbank Lane, Northwich, CW8 1LD**. They are also open **Wednesdays 10am-2pm** 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.

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. Yvonne will also be attending some of our activities to speak to parents in May.

They also have a carer support groups:

10-11.30am on the **13th May**, at **Salvation Army Whitby Road Ellesmere Port CH65 6RS**

10am-1pm on the **16th May** at **Waterside House, Navigation Road Northwich CW8 1BE**

10-12noon on the **8th May** at **Novelty Bite Café, Winsford Library High Street Winsford CW7 2AS**

Any new attendees to groups 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** or call **Yvonne** on **07773 226174**.

Sunshine Support are hosting **SEND workshops** for parents and professionals in Liverpool from **9am-4pm** on the **17th May** at the **Marriott, One Queen Square, L1 1RH**. Topics of the day include Understanding Autism, Child Protection & Social Care, Speech, Language & Communication, Sensory Processing & O.T. and EHCPs & SEND Law. For more information regarding prices for individual workshops or the full day of workshops, visit: <https://www.eventbrite.com/e/liverpool-special-educational-needs-workshops-tickets-59371285112>

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** 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**.

Ellesmere Port Autistic Spectrum Support their next coffee morning will be **Tuesday May** 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.

Aspire Chester's Autistic Adult Support Group now host two meetings per month. Their next meetings on **Wednesday May 1st 11.30-1pm** at Storyhouse followed by a Q&A, **1-1.30pm**. Then the following meeting will be **Wednesday 15th May 1-3pm** at the Quaker Meeting House Union Walk Frodsham Street Chester CH1 3LF. They have also introduced planned trips out to local places of interest. For more information contact Jenny or Sandra via their Facebook group or email aspirechester@gmail.com

Warrington Youth Club run free **Buddy-Up Family Film Nights**, twice per month at **Penketh Methodist Church Chapel Road Penketh Warrington WA5 2NB**. Next dates are the **10th May** and the **31st May**. They also host **Buddy Up Gym Sessions** every Saturday at a cost of 50p per session for **young people up to 25** at **Junction Gym, 3a Buttermarket Street, Warrington WA1 2LY** For more information contact NuvvyS@warringtonyouthclub.co.uk or call 07432 640939.

Royal Exchange Theatre, St Ann's Square, Manchester M2 7DH with the current buzz around accessing the arts this venue has a listing for relaxed performances you may be interested in. for more information visit: <https://www.royalexchange.co.uk/relaxed-performances>

Future Events

Cheshire & Warrington Carers Trust are holding a **Funday** at **Ellesmere Port Sports Village** on **Saturday 8th June 11-4pm** (plus private swim session 4-5pm). Activities to include: wheelchair basketball, music, inclusive activities, stalls, face painting, bouncy castle and more. For your free ticket contact Lisa via email lisa@cheshireandwarringtoncarers.org or call 01270 257331. For more information about Carers Trust visit www.cheshireandwarringtoncarers.org

Will Burton will be hosting a **Summer Solstice Yoga** session on **Friday 21st June at 6.30am** at the top of Helsby Hill. All money raised from the event will be donated to **CHAPS**. For more detail please visit <https://www.facebook.com/events/369553076983261/?ti=ia> Thank you Will and Louise!

Cheshire West Parent Carer Forum is on **Thursday 9th May 10am - 2pm** at **Knight's Grange Barn, Winsford**. For more information about the venue visit <http://knightsgrangebarn.co.uk>
Coffee, tea and lunch will be available.

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 please register here <https://www.eventbrite.co.uk/e/independence-living-skills-for-adults-on-the-autism-spectrum-tickets-30158677416>

Northwich Crafty Club run by **Terri** is being well supported by many of our adults and it is giving them the chance to socialise with parents of children on the spectrum. Why not come along to a session and give it a try? There are two sessions in **Northwich** office **1pm- 2.30pm**.

For the month of May there will be a slight change and the club will run on **Monday 13th May & 20th May**.

Runcorn Crafty Club has moved to every **3rd Tuesday of the month. 12.30-2pm**.

Due to a clash with Parent Training, the next session will run on **Wednesday 22nd May**. Why not come along and give it a try?

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 6th May and 20th May**.

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 20th May 8-9.30pm**.

Spectrum Connect CHESTER will next meet on **Monday 24th June 12.30-2pm** due to the bank holiday in May. Meet **Claire** at Meltdown Café, Chester.

Delamere Walk with **Carey** on **Thursday 9th May 11.45am-2pm**. You can book on via Eventbrite if you would like to join the walk.

Yoga session for Parents and Adults on the Spectrum join us for a lovely relaxing session! The session is at our **Northwich Training Room** and will take place on **Thursday 23rd May, 11.30am-12.30pm**.

ChAPS News

Family Pilates CHESTER will be changing to the **2nd Wednesday of each month from May**. It will continue to run at the same time and at the same venue.

Youth Club CHESTER will now be running on the **4th Wednesday of each month from May**.

Those attending Youth Club in Chester are more than welcome to come along to our new **Ellesmere Port Youth Club** which runs on the **2nd & 4th Thursday of every month, 6-7.30pm**. We have had fantastic feedback from the attendees of the new Youth Club who said they can't wait to return!

Animal Therapy will now operate on an interest only booking, so everyone will be given a slot in rotation.

PROFESSIONAL CERTIFIED TRAINING

We are delighted to confirm that we are now an accredited provider through the Open Awards Excellence scheme.

Our first course is 'Introduction to Autism' and we hope to follow with more course subjects as and when we have gone through the course certification process.

Bookings are now open for a 3 hour training at our Runcorn and Northwich Training Rooms.

The cost is only £20 per person for just the training, and if you require a certificate then the cost increases to £30 per person.

The first session had a 93% excellence rating from the attendees, so please don't miss this opportunity!

Here are the links to book on

<https://www.eventbrite.co.uk/e/professional-certified-training-introduction-to-autism-northwich-tickets-58864476233>

<https://www.eventbrite.co.uk/e/professional-certified-training-introduction-to-autism-runcorn-tickets-58784817973>

Parent Training Programme with OSSME

Sessions at Runcorn:

- 7th May Puberty / Sex Education Support.
- 14th May PDA - Pathological Demand Avoidance.
- 21st May Anxieties and Stress Management Support.

Sessions to start in our Northwich Office:

- 1st May The 7 Senses that Autism can affect.
- 8th May Comic Strip Conversations and Social Story supports.
- 15th May Transitions to School, College, a New House, change of activity.
- 22nd May Girls on the Autism Spectrum.
- 29th May Sensory Processing.
- 5th June Autism and Play Training.
- 12th June Puberty / Sex Education Support.
- 19th June PDA - Pathological Demand Avoidance.
- 26th June Anxieties and Stress Management Support.

Each training session will finish at 2.30pm. Sara will then answer any questions afterwards for those who are able to stay until 3pm.

Diary Events

Please book them in your diary!

(Bold are the extra activities)

1 May	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Rach & Steph.	4-6pm
1 May	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
1 May	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Bobbie.	5.30-6.45pm
1 May	NORTHWICH	Parent Training at Northwich Training Room: Senses	6-8pm
2 May	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
2 May	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Kati & Jess.	5-6.30pm
2 May	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
2 May	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Kat & Leona.	7.30-9pm
4 May	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
5 May	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Adam & Kizzy.	11.45am-1.15pm
6 May	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
6 May	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
7 May	RUNCORN	Parent Training at Runcorn Training Room: Puberty	1-2.30/3pm
7 May	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
8 May	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-7pm
8 May	NORTHWICH	Parent Training at Northwich Training Room: Comic Strip	6-8pm
8 May	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
8 May	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
8 May	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
9 May	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
9 May	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
9 May	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui & Sam.	6-7.30pm
9 May	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
10 May	WARR'TON	Parents Meeting at Walton Lea Project WA4 6TB with Julie.	10-12noon
11 May	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire & Bobbie.	3-4pm

11 May	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire & Bobbie.	4.15-5.15pm
12 May	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nic.	11.30am-1.30pm
12 May	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	12.30-2.30pm
13 May	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
13 May	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Claire, Sam & Lauren	4.30-6pm
13 May	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Julie.	5-6.30pm
13 May	BLAKEMERE	Family session at Playbarn CW8 2EB with Di & Bobbie.	5-7pm
14 May	RUNCORN	Parent Training at Runcorn Training Room: PDA	1-2.30/3pm
14 May	RUNCORN	Children's Yoga at Runcorn Training Room with Rach.	5.30-6.15pm
15 May	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Lauren.	4-6pm
15 May	WIDNES	Family Session at Dinky Rink WA8 0TA with Mel, Rach & Emily.	5-7pm
15 May	NORTHWICH	Parent Training at Northwich Training Room: Comic Strip	6-8pm
16 May	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
16 May	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat, Sam & Jess.	5-6.30pm
16 May	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
18 May	RUNCORN	Multi Sports at Beechwood Comm. Centre WA7 3HB with Rach & Mel.	4.15-5.15pm
18 May	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Rach & Mel.	5.30-6.30pm
19 May	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Lauren.	10.30-12.30pm
19 May	WINSFORD	Gardening at Over Allotments Winsford CW7 2ED with Di & Cathy.	11am-1pm
19 May	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	12.30-1.30pm
19 May	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Terri.	2-4pm
20 May	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
20 May	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
20 May	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Claire, Sam & Lauren.	4.30-6pm
20 May	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Tracey.	5-6pm
20 May	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
20 May	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Rach.	8-9.30pm

20 May	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
21 May	RUNCORN	Parent Training at Runcorn Training Room: PDA	1-2.30/3pm
21 May	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
21 May	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
22 May	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
22 May	RUNCORN	Crafty Club at our Runcorn Office with Terri.	12.30-2pm
22 May	WINSFORD	Family Session at UA Trampoline Park CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
22 May	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Mel.	5-6pm
22 May	NORTHWICH	Parent Training at Northwich Training Room: Girls on the Spectrum	6-8pm
22 May	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
22 May	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
23 May	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
23 May	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui & Sam.	6-7.30pm
25 May	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
25 May	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire & Bobbie.	3-4pm
25 May	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire & Bobbie.	4.15-5.15pm
26 May	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Tracey, Lauren & Nic.	12.15-1.15pm
26 May	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Tracey, Lauren & Nic.	1.30-2.30pm
26 May	LIVERPOOL	Meet the Orchestra at Liverpool Philharmonic L1 9BP with Jo.	2.15-3.30pm
28 May	NORTHWICH	Visit to The Danny at Anderton Boat Lift CW9 6FW with Maddy & Di.	10am-4pm
28 May	CREWE	Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
29 May	FRODSHAM	Climbing at Round Ponds Adventure WA6 6SU with Emily.	10am-4pm
30 May	WARR'TON	Family Picnic & Walk at Walton Gardens WA4 6SN with Di & Rach.	10.30am-1pm
31 May	E'PORT	Climbing Session at Boulder Hut CH66 1ST with Kat & Lauren.	10am-12.30pm
1 June	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
2 June	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon Di & Kizzy.	11.45am-1.15pm

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

