



Information

The **National Autistic Society** are hosting a **Managing Anger Seminar** on Tuesday 21st November, 2017. 9.30am – 2.30pm at The Club House, Cheshire County Sports, Mannings Lane, Chester. CH2 4EU. The seminar helps families to:

- Discuss why children with autism often have challenges with anger
- Identify a low arousal approach for support through stressful situations
- Explore the cycle of anger and possible support strategies
- Examine strategies for managing feelings

For more information go to <http://www.nas-cheshire.org.uk/family-seminars/> and for bookings go to <http://www.bookwhen.com/anger>

NAS School Exclusions Seminar for Parents on Thursday 23rd November, 7pm – 8.30pm, Rosebank Bungalow, Rosebank School, Townfield Lane, Barnton, Northwich. CW8 4PQ and Friday 24th November, 10am – 11.30am Club House, Cheshire County Sports, Mannings Lane, Chester. CH2 4EU 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. Some of the steps schools could take to overcome barriers to learning and thus avoid the need for exclusion will also be discussed, together with a school's duty to make reasonable adjustments to its policies and practices for pupils with disabilities (under the Equality Act 2010). **To book for Northwich on 23rd November, go to <https://bookwhen.com/nwexclusion> .To book for Chester on 24th November, go to <https://bookwhen.com/chexclusion>.**

Mindfulness for all event 11am – 4pm on **Saturday 11th November** at Quaker Meeting House, 2 Miller Street, Newcastle-under-Lyme, ST5 1QJ Learn more about us by visiting: www.MindfulnessforAll.co.uk or call Ann on 07810 560376.

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 Parents/cares not required to attend with their young person £4 per week payable weekly, in advance or by personal budget Example activities will include drama workshops, dance sessions, canvas painting, art, music sessions, pottery, glass painting.

Cheshire West Parent Carer Forum Meeting is on **Wednesday 8th November** at Chester Rugby Club, Hare Lane, Littleton, Chester CH3 7DB, Registration, tea & coffee from 9.30am, and will conclude at 2.30 after lunch and guest speaker, Rachel Green, Family support worker Dee Banks Special School providing tips about the run up to Christmas and reducing stress.

CWPCF are also hosting a **CAMHS workshop** aims to benefit families of children and young people (0-25) who are currently using CAMHS, may use them in the future or families awaiting assessment in CAMHS. Date: 16th & 23rd November 2017 (you must be able to attend both days) Time: 9:45 am – 1 pm Venue: Knights Grange Barn (next to Winsford Golf Club). **Our Advocacy worker will be attending**, if you have any specific questions for her to ask, please email them to Carey on Support@cheshireautism.org.uk

Space4Autism are hosting a Bonfire Night whilst watching nearby fireworks on the Saturday 4th November at The Quarry Stables, Moorside Lane, SK10 5RZ. 6pm-8.30pm. On the night there will be food, games, singing, and lots of fun to be had. For more information on ticket prices and to book on email info.space@hotmail.com or call 07832 192488.

AuKids Magazine are hosting a comedy evening 'My Sons not Rainman' on Tuesday 7th November at The Plaza Stockport, Mersey Square, SK1 1SP, Stockport. 7.30pm – 9.30pm. You can book on via Facebook, https://www.facebook.com/events/114966899168889/?active_tab=about

Carers Trust 4all is launching a NEW service to support children, aged 8 – 11, 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

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.urbanaircheshire.co.uk/rebound-therapy> or contact **Nicola Finn or Grace Brennan** on **01606 212690** or email info@urbanaircheshire.co.uk

Freedome Trampoline Park in Cheshire Oaks have Autism Friendly sessions at 9am-10am Saturdays and Sundays at a reduced price of £7 or £11 with a carer. For more information you can visit their website <http://freedomecheshireoaks.pfestore.com/areas/Default.aspx> or call to book on 0151 356 7494.

Flipout Chester have Autism Friendly sessions the first Thursday of each month 6pm-8pm Thursdays at a reduced price of £6. For more information you can visit their website.

Tanja Sharpe - Integrative Family Counselling & Mindfulness Cheshire www.tanjasharpe.com is 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 £30 per hour *Mindfulness - by arrangement through **ChAPS** <https://tanjasharpe.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 Crewe, Congleton, Macclesfield and Poynton coffee mornings, times and venues, please check out the following website www.cheshireandwarringtoncarers.org

Warrington Parents & Carers run coffee mornings at the Play & Sensory Centre every other Friday in Warrington. Upcoming dates are 3rd November and 17th November 11.30-1pm. For more information see their website <http://warringtonparentsandcarers.org/whats-on/>.

Ellesmere Port Autistic Spectrum Support their next coffee morning will be Tuesday 21st November at Cook Street Café CH65 4AT from 9.30–11.30am. They also have a monthly bowling night.

Contact A Family are re-branding to **CONTACT** and provide a range of useful leaflets around all aspects of parenting, and can help any family with disabled children. We have copies of their booklets in our Northwich Training Room. They have recently delivered workshops for us, and can be contacted by email for general enquiries on northwest@cafamily.org.uk or on their dedicated helpline 0808 808 3555.

National Autistic Society have an online hub, a safe space to join in online chat about various topics. Hub http://community.autism.org.uk/?utm_source=Community_solus_email&utm_medium=email&utm_campaign=Community&utm_content=Segment_1 . They also have a very supportive school exclusions section on their website, <http://www.autism.org.uk/services/helplines/school-exclusions.aspx>

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 or call on 01606 74975.

Future Events

Crewe Lyceum are hosting a **Relaxed Performance of Snow White** on Wednesday 3rd January 2018, at 2pm. £18 per person. The changes made are to enable those patrons the opportunity of enjoying the show within an environment which, hopefully, they will find far more comfortable. The changes are specifically as follows: the house lights within the auditorium are kept up rather than the usual darkening. All pyrotechnics are removed from the performance and the sound is brought down and controlled. To purchase tickets you can call the Box Office on 01270 368 242 or follow the link to book <https://crewelyceum.co.uk/Online/mapSelect.asp>

2 FREE WORKSHOPS **"All About Sensory"** Saturday 24th Feb 2018 10.00am – 1.00pm and **"Challenging Behaviour"** Saturday 21st April 10.00am – 1.00pm both by **Geoff Evans** and **Living Autism**, light refreshments will be provided at **Space4Autism** The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN. To book your place please email info.space@hotmail.com

Halton Disability Partnership are hosting a Christmas Fayre on Thursday 7th December, 10am -1pm. A carol service will be performed by the pupils of All Saints Primary School.

Book and DVD Suggestions

We have two copies of **'Sensory Processing Yoga'** DVD for our lending library. The DVD features four easy to follow yoga classes; Alerting, Calming, Motor Planning and Postural Stability as well as various Breathing Exercises and a Guided Relaxation. Mel Campbell is a registered Occupational Therapist and advanced Sensory Integration practitioner, who has worked extensively with children and young people with sensory processing difficulties, which may be a symptom of their autism, ADHD, DCD, dyspraxia, motor or postural stability difficulties.

Activities for Adults on the Spectrum

Our **Adults Independence and Living Skills** course took in Chester. We now have 3 graduates from this course and the next course will run in Ellesmere Port starting on Friday 12th January in the afternoon. Please email Carey on support@cheshireautism.org.uk for more details.

Delamere Walk will be held on Friday 24th November, please meet at the Station Café in the forest between 11.30am and 12noon. Lunch can be brought with you or purchased from either of the forest cafes.

Crafty Club run by Terri is being well supported by many of our adults group and is giving them a chance to socialize with parents of children on the spectrum. Why not come along to a session on 1st and 3rd Mondays in Runcorn office, and 2nd and 4th Mondays in Northwich office. Sessions are 1pm- 2.30pm. Thank you **Terri**.

Spectrum Connect will meet at New Images, Winsford on **Monday 6th November** and **Monday 20th November** 8.30-10pm. Quizzes, board games as well as table football and pool.

Quiz session by Ian -next session will be in the New Year. Another Monday evening visit to the **Spinner and Bergamot, Comberbach** has been requested for over the Winter, also Wednesday evening at the **Cross Keys in Knutsford**. Please get in touch with **Carey** for possible dates.

Parents of Adults meeting on **Thursday 16th November** will be at the Cross keys, Knutsford.

Yoga for Parents and adults on the Spectrum will be 23rd November, 11.30am -12.30pm. Come and join us for a lovely relaxing session.

Chester Group for Adults **ASPIRE** will be meeting at P3 York Street Chester CH1 3LR Wednesday 1st November, 11.30am -1pm. See Facebook for more info on this group <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.

The Liverpool Asperger Team and Sefton Asperger Teams are both NHS services who provide diagnosis and post diagnostic interventions and opportunities for social inclusion and networking for people living with Asperger Syndrome (aged 18 years +). They also offer practical help, advice, guidance and therapeutic interventions for service users' networks of support where appropriate. The Liverpool Team can be contacted on 0151 737 4800. The Sefton team can be contacted 01704 38 3050. They are also a member of the '**Asperger Collective**' alongside members of '**Aspirience**' (our service user group) and the Asperger carers group. They run a 'drop in' for people with Asperger syndrome and their carers / supporters where people can Enjoy a warm and welcoming space and access services, participate in activities of interest and to find out more information about what's out there in the community. Our 'drop in' meets between 1.00-4.30pm on the last Friday in the month at the Quaker Meeting House, 22 School Lane, Liverpool, L1 2BE. (at the back of Primark). **Please join them!**

Activities in Halton

Core Assets Group FREE activity groups for children with disabilities aged 12 – 18 years. Children and young people will get the chance to experience a wide range of activities in a safe and stimulating environment. These activities are designed to allow young people to have fun, build confidence and make new friends. **WIDNES** Fortnightly Saturday group 10am-1pm at Upton Community Centre, Hough Green Rd, Widnes, Cheshire WA8 4PF. **RUNCORN** Fortnightly Saturdays groups 1:30-4:30pm at Murdishaw Community Centre, Barnfield Avenue, Runcorn WA7 6EP. For more information please contact Ross McCooey on 07967 381185.

Sport Works Swimming and mixed sporting activities for young people with additional needs at Beechwood Community Centre, Beechwood Avenue, Runcorn WA7 3HB. Between 4.30pm and 5.30pm on a Saturday. It will be fun based sports and multi skills activities, then between 5.30pm and 6.30pm the group will have exclusive access to the pool and the emphasis of this hour will be fun, play and water confidence. Sport Works staff join the young people in the pool in addition to supervision of the Centre's Lifeguard. Sessions need booking (costing £4.50) and to attend contact - Jon Uttley on 07539 851326 or jon@sportworksltd.co.uk

Mersey Storm Wheelchair Rugby at Kingsway Leisure Centre for all abilities, disabled and able bodied. All equipment is provided. Friday 4.30-5.30pm and 5.30-6.30pm. £2 per session.

Jump Nation Autism friendly sessions available fortnightly on Saturday mornings at 10am. September sessions are the 11th and 25th November. 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.

Halton SEND are running a **Transition Event** on Thursday 30th November at Halton Stadium, Bridge Suite, Widnes, WA8 7DZ for Parents and young people aged 14-25 yrs old with an Education, Health and Care Plan to provide information on what is on offer when going through transition. You can drop in between **5pm-8pm**. If you are interested in dropping into this event then please contact admin-organisation&provision@halton.gov.uk by 21st November.

ChAPS News

Merseyside Police and Emergency services Attention Card Launch took place on Tuesday 17th October. ChAPS are incredibly proud to be rolling out this very important provision into Merseyside, after the good practice of the last 6 years in Cheshire. After an introduction by Chief Constable Andy Cooke, Our very own Jo took the stage to explain the system and how it works. There were also speeches from Merseyside Fire & Rescue, Chief Inspector Dave Rooney (Chair of Disability Support Network) and Robin Bush CEO of Autism Together Charity. The immensely successful afternoon was finished up with a marketplace and chance to network with other great services in Merseyside. This initiative will further promote the credibility and kudos of ChAPS that Jo has worked so hard to achieve over the past 7 years. *We also have reason to believe that British Transport Police will take our unique system up nationally!*

Swimming Lessons have one more session to run on Tuesday 7th November, then we are having a break until January. Look out for the booking link in the December newsletter. **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.

Training Programme for Parents will be rolled out again on an evening session for our working parents starting on Wednesdays from 8th November in Northwich Training room 6.30-8.30pm. The last programme was excellent!

Big thanks to **Chester Football Club** who provided weekly training again from the 28th October for our children thanks to external funding. Sessions have started in October and will run up to Christmas. These sessions are for U11s only. Please let us know if children over 11 wish to take part, or if you want to join in the current course.

We welcome our new Chester Support Workers **Claire** and **Sam** who both have children on the spectrum. Please make yourself known and have a chat.

New support worker **Claire Chaps** is happy to receive your ideas for activities to help young people engage in the Youth Club at Chester. This will soon be running twice per month on the 2nd and 4th Wednesday from December at Live! Newscene.

Both our OPEN OFFICE sessions in Northwich Training rooms and Runcorn Office are open throughout November. If you require support, please message **Carey** on 07462 887815.

Diary Events

Please book them in your diary!

(Bold are the extra activities)

1 Nov	E'PORT	Drama Workshop at EPCEA CH65 6EA with Joe, Carey, Emily & Bobbie.	10am-1pm
1 Nov	E'PORT	Fitness & Multi Skills Session at EPCEA CH65 6EA with Becky, Sam & Zara	11.30am-1pm
2 Nov	WINSFORD	Parents Meeting at Subway Delamere Street Winsford CW7 2LU with Carey.	9.30-10.30am
2 Nov	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul, Sam & Zara.	5-6.30pm
2 Nov	RUNCORN	Junior Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	6.15-7.30pm
2 Nov	E'PORT	Parents Meeting Relaxation at Trinity Church CH65 0AB with Paul & Sam.	7-9pm
3 Nov	WARRINGTON	PDA Society Training at Grappenhall WA4 2SG with Emily.	10am-3pm

4 Nov	CHESTER	Chester Football Training Session at Goals Chester CH1 4LX with Paul.	12-1pm
4 Nov	NORTHWICH	Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
6 Nov	BLACON	Parents meeting at Matthew Henry Church Blacon with Toni & Claire.	11am-1pm
6 Nov	RUNCORN	Crafty Club at our Runcorn office with Terri & Emily.	1-2.30pm
6 Nov	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Nat, Sam J & Paul.	5.15-6.45pm
6 Nov	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
6 Nov	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Di & Cathy.	8.30-10pm
8 Nov	KNUTSFORD	Meal & Quiz night at the Cross Keys WA16 6DT with Carey.	6.30-10pm
8 Nov	NORTHWICH	Training Programme for Parents at Northwich Training Rooms with Emily.	6.30-8.30pm
9 Nov	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Zara.	7-9pm
9 Nov	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	7-9pm
11 Nov	E'PORT	Multi Sports at Ellesmere Port Sports Village with Claire.	3-4pm
11 Nov	E'PORT	Family Swim at Ellesmere Port Sports Village with Claire.	4.15-5.15pm
11 Nov	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
12 Nov	WIDNES	Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
13 Nov	RUNCORN	Parents Meeting at our Runcorn Office with Emily.	10am-12pm
13 Nov	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
13 Nov	BLAKEMERE	Barnaby's Playbarn family session with Carey, Di & Bobbie.	5-7pm
13 Nov	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat, Sam J & Paul.	6-7.30pm
15 Nov	BLACON	Parents Meeting at The Enterprise Centre The Parade with Toni & Claire.	7-8.45pm
15 Nov	RUNCORN	Dinky Rink Ice Skating & Play zone, Silver Blades, Widnes with Emily & Mel.	5-7pm
15 Nov	NORTHWICH	Training Programme for Parents at Northwich Training Rooms with Emily.	6.30-8.30pm
16 Nov	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
16 Nov	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul, Sam & Zara.	5-6.30pm
16 Nov	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Emily & Mel.	6.15-7.30pm
18 Nov	E'PORT	Multi Sports at Ellesmere Port Sports Village with Claire.	3-4pm
18 Nov	E'PORT	Family Swim at Ellesmere Port Sports Village with Claire.	4.15-5.15pm

18 Nov	WIDNES	Roller Disco at Kingsway Leisure Centre WA8 7QH with Emily & Mel.	5-6pm
19 Nov	B'TRAFFORD	Animal Therapy at Bridgefields CH2 4JT with Paul & Sam J.	2-4pm
19 Nov	WIDNES	Anti-Gravity Yoga for Parents at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
20 Nov	CHESTER	Parents Meeting at Kingsway Community Suite Kingswood with Evie & Claire.	10am-12pm
20 Nov	RUNCORN	Crafty Club at our Runcorn office with Terri & Emily.	1-2.30pm
20 Nov	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Nat, Sam J & Paul.	5.15-6.45pm
20 Nov	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
20 Nov	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
20 Nov	RUNCORN	Crazy Club at Widnes WA8 with Emily & Mel.	5-7pm
22 Nov	B'TRAFFORD	Horse Sense for Parents & Adults at Bridgefields CH2 4JT with Claire.	10am-12noon
22 Nov	WINSFORD	Urban Air Trampolining in Winsford CW7 3RL with Carey, Di & Bobbie.	5-6pm
22 Nov	NORTHWICH	Training Programme for Parents at Northwich Training Rooms with Emily.	6.30-8.30pm
22 Nov	CHESTER	Youth Club at Newscene Chester with Claire, Nat & Paul.	7.00-8.30pm
23 Nov	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
23 Nov	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul, Tessa & Zara.	7-9pm
23 Nov	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	7-9pm
25 Nov	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Road WA16 9RU with Terri.	2-3pm
24 Nov	DELAMERE	Walk for adults on the spectrum and parents at Delamere with Carey.	11.45am-2pm
27 Nov	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
27 Nov	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat, Paul & Sam J.	6-7.30pm
27 Nov	RUNCORN	Spectrum Connect adults social at The Halfway House WA7 5NR with Emily.	8-9.30pm
27 Nov	NORTHWICH	Parents Meeting & Dr. Davidson visit at Northwich Training Room with Di.	7-9pm
28 Nov	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
29 Nov	NORTHWICH	Training Programme for Parents at Northwich Training Rooms with Emily.	6.30-8.30pm

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