



Information

Cheshire Buddies Scheme are hosting a FREE Christmas crafts workshop and buffet lunch for Parents/Carers. Taking place on Thursday 7th December 11.30am - 2.30pm at Knutsford Town Council Offices, Toft Road, WA16 6TA. Why not pop along and join them?

Live! In conjunction with Theatre in the Quarter and Art in The Place are presenting '**A Patchwork Nativity**' on Monday 11th December 7pm, and Tuesday 12th December 2pm at St Marys Creative Space, Chester, CH1 2DW. Tickets £7 Adults, £5 for U12s and U5s free. Please call Newscene on 01244 320479.

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 368242 or follow the link to book <https://crewelyceum.co.uk/Online/mapSelect.asp>

Behaviour Intervention Planning workshop hosted by Autism Inclusive in Crewe at Brierley Business Centre, CW1 2AZ on Monday 15th Jan 11am - 2pm. Please email contact.autisminclusive@gmail.com for places. £5 voluntary donation.

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/carers are not required to attend with their young person. This session is £4 per week, payable weekly in advance or by personal budget. There are lots of exciting activities coming up including photography, Christmas crafts and poster design. For further details to register for this group you can contact office@cheshirecil.org or Mel on 01606 331853.

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 on 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, one of our counselling 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 on 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 1st December and 15th December 11.30 - 1pm. For more information see their website <http://warringtonparentsandcarers.org/whats-on/>.

NAS Warrington have just set up an evening meeting at Seven Woods pub, Westbrook Crescent, Warrington, WA5 8TE. Please let them know if you are planning to go along and also if it is your first time and you want someone to look out for you/meet you at the door. For more information email NASWarrington@nas.org.uk

Ellesmere Port Autistic Spectrum Support their next coffee morning will be Tuesday 19th December at Cook Street Café CH65 4AT from 9.30 – 11.30am. They also have a monthly bowling night.

CONTACT 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

Pantomime - Peter Pan by Northwich Harlequin Youth Theatre. ChAPS have bought 50 tickets for this event. Saturday 27th January, matinee performance.

Story House – Secret Seven have relaxed performances on the 11th January at 11am and 7pm. For more information on how to book, see their website <https://www.storyhouse.com/event/secretseven>

Build a Young Persons Transition Toolkit Event for Parents of children with autism who are transitioning from primary to high school in Cheshire West. Wednesday 31st January at Wyvern House, Winsford.

Upcoming workshops - Two Free Workshops **"All About Sensory"** on Saturday 24th Feb 2018 10.00am – 1.00pm and **"Challenging Behaviour"** on 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

Transition to Adulthood Event at Ellesmere Port Civic Hall on **Thursday 8th February** for parents of young people aged 13-25. 9.30am – 2.30pm. More details to follow.

Winsford Wellbeing week will take place as this year during February half term. Next year's theme is Eat Well, Move Well, Feel Well. ChAPS will be doing a stand on Friday 23rd Feb 2018.

Book and DVD Suggestions

A member has suggested the book **Understanding Autism in Adults and Aging Adults** by **Theresa M. Regan**. There is an excellent chapter in the book on Executive Function and how it affects behaviour in Adults.

Activities for Adults on the Spectrum

Our last **Adults Independence and Living Skills** course took place 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, or book here <https://www.eventbrite.co.uk/e/independence-living-skills-for-adults-on-the-autism-spectrum-tickets-30158677416>

Delamere Walk will be held on Friday 8th December, please meet at the Station Café in the forest between 11.45am 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 4th December** and **Monday 18th December** 8.30-10pm. Quizzes, board games as well as table football and pool.

Quiz session by Ian – the next session will be in the New Year, we are looking at 15th February. Please get in touch with **Carey** if you wish to join us.

Parents of Adults meeting will be replaced with the Christmas Lunch at the Garden Room Restaurant at Manley Mere. **Anna Kennedy OBE** will be joining us and talking about her family and the fabulous work she does. Please email Emily on haltonsupport@cheshireautism.org.uk if you wish to join us.

Yoga for Parents and adults on the Spectrum will be Thursday 14th December (**please note date change for this month only!**), 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 6th December, 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 on 01704 38 3050. They are also a member of the '**Asperger Collective**' alongside members of '**Aspience**' (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. Their '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

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.

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 group 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. December sessions are the 7th and 21st. 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.

ChAPS News

Merseyside Police and Emergency services Attention Card Launch has led to more interest from British Transport Police, and Jo will be visiting BTP HQ in London to ask for national rollout! Exciting times!

2018 NEW YEAR ACTIVITIES and courses will be starting in the second week of January (Monday 8th – Friday 12th) to include: Mindfulness for Children on the Spectrum (Weds Eve's CHESTER), 'Best Gift is You' (Tues morning NORTHWICH), Intensive Social Skills for Children (Mon eve's) Adult Independence and Living Skills (Fri afternoon in ELLESMERE PORT). Further details will be emailed out during December.

NEW COUNSELLING SERVICE by Lisa, starting in the New Year. We are very pleased to be involved in Lisa's work/studies, and are looking forward to getting this project off the ground. This is what she has to say:

Hi, I'm Lisa, I will be offering counselling services from January to ChAPS members free of charge. A little about me, I am a long standing ChAPS member, and I have personal and family experience of what it is to live with autism. I currently run some autism awareness workshops for mental health nurse students at Staffordshire University. I am passionate about offering Person-Centred counselling to families and autistic clients, using my unique experience, to offer my genuine understanding and acceptance. I will be offering this service to teens and adults on the spectrum, or anyone who supports someone on the spectrum. If you feel you would benefit from counselling, please contact

ChAPS for an appointment. Slots will be available on Monday mornings and Wednesdays 9am-5pm.

Training Programme for Parents is currently on Wednesday evenings at Northwich for our working parents in Northwich Training room 6.30-8.30pm. The excellent training provided by OSSME, delivered by Sara, is free to all ChAPS families and is designed to help parents with day to day struggles. The sessions so far have been fantastic, please use this wonderful provision to gain more autism experience. Book here

<https://www.eventbrite.co.uk/e/training-programme-for-parents-tickets-37996840573>

Northwich Parents meeting in January is to host a talk **on Wills, Power of attorney, Trusts and Estate planning** for Parents on **January 22nd** by James and Sarah Hughes. This will be a free event, and will be a half hour talk followed by a chance to ask questions.

Ellesmere Port Kidz & Youth Club has now been running for a year, **HAPPY BIRTHDAY GUYS!** The Kidz Club now has about 12 regular attendees and the kids are loving it. Sam and Paul along with volunteer Zara are obviously doing a brilliant job – well done!

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 from January. This will be on the 2nd Wednesday of the month from December at Live! Newscene (please note, the usual 4th Wednesday is cancelled in December due to the venue Christmas closure).

Swimming Lessons will start again after February 2018 half term break. **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.

CHANGES TO ACTIVITIES: Please note that due to the holidays **YOGA** will change to 2nd Thursday, and **HORSE SENSE** will change to 2nd Wednesday. **PONY RIDING KNUTSFORD** will take place on 3rd Thursday. These changes are for December **only**.

Both our OPEN OFFICE sessions in Northwich Training rooms and Runcorn Office are open until Friday 22nd December. Both will be closed from 23rd December – 2nd January. If you require support, please message **Carey** on 07462 887815 or **Emily** on 07462 868322

Diary Events

Please book them in your diary!

(Bold are the extra activities)

2 Dec	CHESTER	Chester Football Training Session at Goals Chester CH1 4LX with Dan.	12-1pm
2 Dec	NORTHWICH	Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
3 Dec	WINSFORD	Gym with Games at Winsford Academy with Simon & Di.	10.30-12noon
4 Dec	BLACON	Parents meeting at Matthew Henry Church Blacon with Nat & Claire.	11am-1pm
4 Dec	RUNCORN	Crafty Club at our Runcorn office with Terri & Emily.	1-2.30pm
4 Dec	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Nat, Sam J & Paul.	5.15-6.45pm
4 Dec	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
4 Dec	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Di & Cathy.	8.30-10pm
5 Dec	NORTHWICH	OSSME Training Programme for Parents. (Transitions – rescheduled)	6.30-8.30pm

6 Dec	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Di.	4.30-5.30pm
6 Dec	NORTHWICH	OSSME Training Programme for Parents with Emily.	6.30-8.30pm
7 Dec	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
7 Dec	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul, Sam & Zara.	5-6.30pm
7 Dec	RUNCORN	Junior Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	6.15-7.30pm
7 Dec	E'PORT	Parents Meeting Relaxation at Trinity Church CH65 0AB with Paul & Sam.	7-9pm
8 Dec	DELAMERE	Delamere Walk for adults and Parents with Carey.	11.45am-2pm
9 Dec	CHESTER	Chester Football Training Session at Goals Chester CH1 4LX with Dan.	12-1pm
9 Dec	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
10 Dec	WIDNES	Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
11 Dec	RUNCORN	Parents Meeting at our Runcorn Office with Emily.	10am-12pm
11 Dec	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
11 Dec	BLAKEMERE	Barnaby's Playbarn family session with Carey, Di & Bobbie.	5-7pm
11 Dec	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat, Sam J & Paul.	6.15-7.45pm
13 Dec	B'TRAFFORD	Horse Sense for Parents & Adults at Bridgefields CH2 4JT with Claire.	10am-12noon
13 Dec	NORTHWICH	OSSME Training Programme for Parents with Emily.	6.30-8.30pm
13 Dec	CHESTER	Youth Club at Newscene Chester with Claire, Nat & Paul.	7.00-8.30pm
14 Dec	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
14 Dec	WINSFORD	Christmas Party at Urban Air with Carey, Di & Bobbie.	5.45-7.30pm
14 Dec	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul, Tessa & Zara.	7-9pm
14 Dec	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	7-9pm
16 Dec	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
16 Dec	E'PORT	Multi Sports at Ellesmere Port Sports Village with Claire.	3-4pm
16 Dec	E'PORT	Family Swim at Ellesmere Port Sports Village with Claire.	4.15-5.15pm
16 Dec	WIDNES	Roller Disco at Kingsway Leisure Centre WA8 7QH with Emily & Mel.	5-6pm
17 Dec	B'TRAFFORD	Animal Therapy at Bridgefields CH2 4JT with Paul & Sam.	2-4pm
17 Dec	WIDNES	Anti-Gravity Yoga for Parents at Martial Arts Centre WA8 0QZ with Mel.	3-4pm

18 Dec	CHESTER	Parents Meeting at Kingsway Community Suite Kingswood with Evie & Claire.	10am-12pm
18 Dec	LYMM	Safety session at Safety Central, Lymm, WA13 0TE with Carey & Emily.	9.30am-12.30pm
18 Dec	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Nat, Sam J & Paul.	5.15-6.45pm
18 Dec	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
18 Dec	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
20 Dec	BLACON	Parents Meeting at The Enterprise Centre The Parade with Toni & Claire.	7-8.45pm
21 Dec	FRODSHAM	Parents & Adults Christmas Lunch at Manley Mere WA6 0PE with Carey & Jo.	12-2.30pm
21 Dec	WIDNES	Christmas Party at Velocity Widnes WA8 OGW with Jo, Carey & Emily.	5-7pm
21 Dec	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul, Sam & Zara.	5-6.30pm
23 Dec	E'PORT	Multi Sports at Ellesmere Port Sports Village with Claire.	3-4pm
23 Dec	E'PORT	Family Swim at Ellesmere Port Sports Village with Claire.	4.15-5.15pm
27 Dec	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Di, Vicky, Lauren & Helen	4.30-6.30pm
28 Dec	NORTHWICH	Code A Drone at Northwich Training Rooms with Emily.	10.30-12.45pm
28 Dec	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Zara.	7-9pm
28 Dec	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	7-9pm
29 Dec	WINSFORD	Gym with Games at Winsford Academy with Di and Simon Fox	10.30am-12
3 Jan	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Di.	4.30-5.30pm
3 Jan	CHESTER	Sweet Jar Creations at Spavens Chester CH2 3NH with Carey & Emily.	5-7pm
4 Jan	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10am
4 Jan	CREWE	Bowling & Lunch at MFA Bowl CW1 3AJ with Carey & Emily.	11am-1pm
4 Jan	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul, Sam & Zara.	5-6.30pm
4 Jan	RUNCORN	Junior Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	6.15-7.30pm
4 Jan	E'PORT	Parents Meeting Relaxation at Trinity Church CH65 0AB with Paul & Sam.	7-9pm
5 Jan	NORTHWICH	Parent & Child Heart2Heart Workshop with Play therapists Tara & Megan	1-3pm

Jo Garner

MD

07764 842422

jo@cheshireautism.org.uk

Carey Hulme

Cheshire Support Worker

07462 887815

support@cheshireautism.org.uk

Emily Abbott

Halton Support Worker

07462 868322

haltonsupport@cheshireautism.org.uk

www.cheshireautism.org.uk