



Information

NAS are hosting a **Supporting Siblings Seminar** on Thursday 3rd May, 9.30am-2.30pm at The Vicarage, Wicker Lane, Guilden Sutton CH3 7EW. The seminar will look at the experiences of children who have a brother or sister with autism. It will help parents and carers to support their child's understanding of autism and share a range of strategies that may have a positive effect on sibling relationships. The seminar is for parents and carers of children with autism of all ages. To book onto the course visit <https://bookwhen.com/siblings> and for information you can contact cwacquiries@nas.org.uk.

Andrew Edwards who came to visit us to talk about his life with autism and his book 'I have a Stat for You' now has a new book 'A Vision of Exercise'. Andrew invites our members to his at a book signing event in Waterstones, 9/11 Regent Street, Wrexham, LL11 1SG on 12th May, 10am - 1pm.

ACE Kids will be hosting an event for parents to learn how to design your garden to meet the needs of your autistic child. This event will be held at Manley Mere Manley Mere - Sail Sports and Adventure Trail Manley Lane, Frodsham, WA6 0PE on Saturday 19th May 10am-4pm. Shea is highly qualified in garden design and you may remember her sensory garden for Barnton Primary School that was shown at the RHS Show in Tatton. Shea is extraordinarily talented and she has kindly discounted tickets at this event for ChAPS members. Full details and to book on https://www.eventbrite.co.uk/e/learn-how-to-design-your-garden-to-meet-the-needs-of-your-autistic-child-tickets-44533636305?ref=enivtefor001&invite=MTQyNzI4MjAvam9AY2hlc2hpcmVhdXRpc20ub3JnLnVrLzA%3D&utm_source=eb_email&utm_medium=email&utm_campaign=inviteformalv2&utm_term=attend

Treating Autism Roadshow is an event for parents on Monday 21st May 10am-2pm at the Cotton Exchange, Bixteth Street, Liverpool, L3 9LQ for their members. For more information and to book a place visit <http://treatingautism.org.uk/event/treating-autism-roadshow-liverpool/>. The course is free to their members but £10 to non-members which includes refreshments and light lunch.

CAMHS has launched a new out-of-hours advice line for people living in the Cheshire and Wirral area. The advice line is open to everyone and allows people to talk to a mental health professional if they are concerned or would like advice about a child or young person's mental health. The advice line runs from 5-10pm (Mon-Fri) and 12 – 8pm (Sat and Sun). You can call the Advice Line on **01244 397644**.

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.

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 - for further details to register for this group you can contact office@cheshirecil.org or Mel on 01606 331853.

Cheshire Phoenix Wheelchair Basketball Club has a junior team that train at Ellesmere Port Sports Village on Saturdays at 5pm. This is open to all disabilities and is for able bodied children too. If you are interested in more information contact Anna Jackson on 07711 356541 or email phoenixwbc@cheshirephoenix.com

Cheshire College South and West are hosting a Community Day in Ellesmere Port on the 12th May 10am – 3pm. This is a free event offering a range of activities, including Party Time Bouncy Castle, Didi Cars, Buzz Wire, Giant Games, Footpool. If you would like more information about the event you can call on 01244 656555.

Abbey Respite Centre is a new state-of-the-art Respite Care Centre to help people with learning disabilities recently opened in Chester by Councillor Paul Dolan. Situated in Abbey Square, the centre will be run by Special Care Needs Ltd and Cheshire West and Chester Council. It offers residential and day care for people with special educational and behavioural needs, including autism and challenging behaviour. Activities at The Arc include creative arts, music therapy, information technology, cooking and motivation support. It has a multi-sensory room: is a soothing, sensory environment with restful sounds and lighting. For any further information, please contact The Arc on 01244 207 307 or visit www.specialneedsarc.co.uk.

Carers Trust 4all is launching a NEW service to support children aged 8 - 13, 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.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**.

Inflata Nation in **Runcorn** are running 'disability friendly' sessions on Saturday mornings 9am - 10am. 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). A carer would attend free of charge included in the session fee of £9.95 per child.

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**.

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

NAS Warrington have just set up an evening meeting at The 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 15th 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. EPASS also have a monthly bowling night. For more information or to make contact with the Tessa Ede or Emma Walsh, search for EPASS on Facebook.

Wesminster Families CG hold a monthly community café and have just started hosting free children's outdoor yoga sessions on Saturday 3.30-4.30pm for children age 4-7 years.

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 783295.

Aspies for Warrington have a new website www.wands.biz and are still meeting Fridays 6-9pm at Fairfield & Howley Neighbourhood Project, Warrington WA1 3AJ. For more details contact Mike Hewitt on maspie59@gmail.com

Will Consult You is a family business providing advice and guidance on creation of **Wills, Trusts, Lasting Power of Attorney and Funeral Plans**. They understand that life with a child with additional needs is complicated enough without the cost of planning for the future. They can provide relaxed and ethical advice for **ChAPS** families by means of a free legal review in the comfort of your home. If you decide to put measures in place to safeguard your families' future you will be provided with a fixed fee. They aim to make a difficult subject simple, easy, and relaxed so that you have one less thing to worry about. James Hughes recently did a short presentation to our Northwich parents meeting and can be contacted by email on james@willconsultyou.co.uk or 01829 309103.

Future Events

At **ChAPS** we will be celebrating Carers Week and will be arranging a Carers Lunch on Tuesday 12th June at our Northwich Training Room and another event in the Chester area too. There will be some relaxing sessions and a buffet lunch. Further details coming soon!

The Lowry have a relaxed performance of **War Horse** coming on Thursday 28th June at 2pm. Tickets are available to book over the phone on 0161 876 2183. For more information please visit <https://www.thelowry.com/events/war-horse>.

Cheshire West & Chester NAS AGM will be held on Thursday 5th July at Dee Banks School, Dee Banks, Chester CH3 5UX Chester from 7-9pm.

Bangor Design Conference will be held on Thursday 7th June, 9.30am-3.30pm at Bangor University. This is an annual event to inspire and educate all present, with design and manufacturing as the core theme. The conference brings together several professionals and practitioners from leading companies to talk about what they do and how they do it. This year we have guest speakers such as Jude Pullen - Lego, BBC2 Big Live Fix, Dyson, Jan Hallermans - Frog Design, Sarah Leech & Becky Hayes-Kidd - Unilever and several more. Product Design course are hosting a Design conference and degree show. Olivia Kavanagh recently invited members to take part in evaluation of her product she designed. Thank you to those who participated. Olivia and other members of third year at Bangor University will be celebrating their work for the BSc Design course. Tickets for this event can be purchased at <https://shop.bangor.ac.uk/product-catalogue/ysgol-addysg-school-of-education/the-4thbangor-design-conference-2018-y-4edd-cynhadledd-dylunio-bangor-2018>

Book and DVD Suggestions

Andrew Edwards, who recently came to visit us has a new book 'A Vision of Exercise' which may be of interest. Anyone who has read it we'd love to hear from you about a review so we can share this with members!

Tanya Kharina 'Alfie's Way' is a book written for children. This book is inspired by her own son with journey and is a way of inspiring children to embrace other children's differences.

Henry Normal 'A Normal Family: Everyday adventures with our autistic Son' have recently been added to our lending library.

Carey is also requesting book reviews PLEASE from anyone who wishes to comment on books they have used in our lending library!

Activities for Adults on the Spectrum

Adult Independence and Living Skills Course has started in Runcorn training room in the afternoon on Thursdays. This training is designed to help adults with autism to become more independent and give them essential living skills. If you would like to attend this course, please contact **Carey** on families@cheshireautism.org.uk 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 will meet at New Images, Winsford on **Monday 7th May and Monday 21st May** 8.30-10pm. Quizzes, board games as well as table football, table tennis and pool.

Halton Spectrum Connect will meet at The Halfway House, Runcorn on **Monday 28th May 8-9.30pm**.

Yoga for Parents and Adults on the Spectrum will be held on **Monday 14th May** in our **Runcorn office**, 6.15pm-7.15pm and back to normal on **Thursday 24th May at 11.30am-12.30pm** at our Northwich Training Room. Come and join us for a lovely relaxing session.

Chester Group for Adults ASPIRE will be meeting Wednesday 2nd May, 11.30am -1pm. See Facebook for more info on this group and new meeting location in **Storyhouse Chester**
<https://m.facebook.com/groups/491332914410676>

Asperger's 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.

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/>

A new **parents meeting** is coming to **Frodsham!** Every 2nd Thursday of the month, starting in May. 9.30-10.30am, our lovely new volunteer Carol will be running the session to help parents to increase self-confidence and promote well-being.

We are pleased to announce two new staff members have joined the Chester team **Tina** and **Kat** will be working at Kidz Club Chester and Kidz Club Blacon with Sam J. We also would like to extend an equally warm welcome to **Jonny** who is our fabulous new volunteer at Chester Youth Club, he joined us for art sessions and will be continuing to support there.

Camping in Wales on 28 August has had a massive response with 75 families booking on. **Carey** and **Jo** will be going to see the venue in May to discuss the feasibility of 300+ people at The Forge, Corwen. Our first **ChAPS** holiday!

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!

NEW! Play Therapy The six week course is starting in May. We are grateful to Megan and Tara at **Entwine Play Therapy** who have run two very successful courses so far in Northwich and look forward to hearing the outcomes of this course for the children who are attending.

NEW! Parent Training will be offered on Wednesday evenings commencing the 13th June at our Northwich Training Room with Sarah Cobbe. Sarah is an ASC advisory teacher with over 20 years of experience practicing in the field of autism. She has worked with children and adults in a range of residential and educational settings, and previously spent a year with students in a Kenyan teacher-training institute. Sarah currently provides advice and training for staff and parents of all-age children on the spectrum, and has

recently written a book on autism, which will be published later this year. This will cover use of visual aids, promoting routines for independence skills, access to activities, managing anxiety and dealing with demand avoidance.

PLEASE NOTE: There are a few date changes due to the Bank Holidays.

Diary Events **Please book them in your diary!** (Bold are the extra activities)

1 May	WIDNES	Freacking Awesome at Salisbury Street Widnes WA8 6AZ with Rachael.	5.30-7pm
2 May	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi & Di.	4.30-5.30pm
2 May	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.30pm
3 May	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Di.	9.30-10.30am
3 May	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Zara.	5-6.30pm
3 May	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
3 May	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Sam Nat & Leona.	7-9pm
4 May	EASTHAM	Memory Walk for Peter Allan Eastham Woods CH62 0BH with Carey.	11.45 -2pm
5 May	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
5 May	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
5 May	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Cathy F.	4.30-5.30pm
7 May	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Nat.	11am-1pm
7 May	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
7 May	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
9 May	CHESTER	Youth Club at Venue TBC with Claire & Nat.	7 – 8.30pm
10 May	FRODSHAM	Parents meeting at Gleave's Garden Centre with Carol.	9.30-10.30am
10 May	E'PORT	Youth Club at New Creation Centre CH65 4BW with Tessa & Zara.	6.30-8pm
10 May	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-9pm
12 May	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
13 May	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Bobbie.	10.30-12noon
13 May	WIDNES	Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
14 May	RUNCORN	Parent & Toddler Meeting at our Runcorn Office with Rachael & Leona.	10-12pm

14 May	NORTHWICH	Crafty Club at our Northwich Training Room with Claire & Carey.	1-2.30pm
14 May	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
14 May	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Tina & Kat.	6.15-7.45pm
14 May	RUNCORN	Yoga for Adults at Runcorn Training Room with Rachael.	6.15-7.15pm
15 May	WIDNES	Freking Awesome at Salisbury Street Widnes WA8 6AZ with Rachael.	5.30-7pm
16 May	WIDNES	Dinky Rink Ice Skating at The Hive WA8 0TA with Mel & Rachael.	5-7pm
16 May	BLACON	Family session at Fun 4 All Sealand Ind Est CH1 4NT with Toni & Claire.	4-6pm
17 May	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
17 May	E'PORT	Sports at Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Zara.	5-6.30pm
17 May	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
19 May	WIDNES	Roller Disco at Ormiston Chadwick Academy WA8 7HU with Mel & Rach.	5-5.50pm
20 May	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J & Sam.	2-3.45pm
20 May	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Mel.	3 - 4pm
21 May	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
21 May	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rachael.	12.30-2pm
21 May	CHESTER	Kidz Club at Venue TBC with Sam J, Tina & Kat.	5.15-6.45pm
21 May	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7 - 8.30pm
21 May	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
23 May	B'TRAFFORD	Horse Sense for Parents & Adults at Bridgefields CH2 4JT with Claire.	10am-12noon
23 May	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
23 May	CHESTER	Youth Club at Venue TBC with Claire & Nat.	7 - 8.30pm
24 May	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
24 May	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7 - 9pm
24 May	E'PORT	Youth Club at New Creation Centre CH65 4BW with Tessa & Zara.	6.30-8pm
26 May	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
26 May	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
26 May	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm

28 May	RUNCORN	Spectrum Connect Adults Social at The Halfway House WA7 5NR with Rach.	8-9.30pm
29 May	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
30 May	FRODSHAM	Bushcraft and Raft Building at Round Ponds with Emily, Sam & Carey.	9.30-4.30pm
30 May	NORTHWICH	Parents Meeting at Northwich Training Room with Di & Leona	7-9pm
1 June	LYMM	Safety workshop at Safety Central WA13 OTE with Di & Emily.	9.30-4.00pm

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

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