



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 a person up to 25 years of age with needs for extra help with learning - visit <https://cyp.iassnetwork.org.uk/in-your-area/>

CWAC Information, Advice & Support Service will be hosting their series of information sessions again at **Chester Rugby Club, Hare Lane, Littleton, Chester CH3 7DB on Thursday 20th June, 6-9pm** running over four weeks.

Session 1 (20 June) What does the Special Educational Needs Code of Practice say schools should do to meet the needs of children and young people with SEN? **Session 2 (27 June)** What does an Education, Health and Care Plan look like? How can you be part of producing a quality plan? **Session 3 (4 July)** What should happen before, during and after an Annual Review of an EHCP? **Session 4 (11 July)** What can I do if things go wrong, informal mediation and disagreement resolution, mediation and SENDist (Tribunal). For attending all of the dates or just the sessions that are of interest, please email the IASS team:

iasservice@cheshirewestandchester.gov.uk or call 0300 123 7001.

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 details please visit <https://www.facebook.com/events/369553076983261/?ti=ia> Thank you, Will and Louise.

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. They also have carer support groups in **Ellesmere Port, Northwich and Winsford**. 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**.

Urban Air Trampoline Park in Winsford are offering free 1:1 Rebound Sessions to Cheshire East families. 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 have their next coffee morning on **Tuesday 18th June** 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 host a meeting each month. Their next meeting is on **Wednesday 5th June 11.30-1pm** at Storyhouse. 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**. 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>

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** on **Monday 10th June & 24th June**.

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 3rd and 17th June**.

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 24th June 8-9.30pm**.

Spectrum Connect CHESTER will next meet on **Monday 24th June 12.30-2pm**. Meet **Claire** at the Whitehorse Pub on the racecourse.

Delamere Walk with **Carey** on **6th June 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 at our **Northwich Training Room** on **Thursday 27th June, 11.30am-12.30pm**.

Men's Meet-Up at The Clock Tower, Northwich CW9 5NF with **Jeff**. This has been changed to every 2nd Thursday in the month. 7.30-9pm. Come along to meet other Dads & Males on the spectrum. A chance to socialise, chat and have a drink!

ChAPS News

Boxing Northwich with **Di** will continue to be split into two sessions but with a slight change going forward. The first session will be for children 5-9yrs and the later session is for regular children who have signed up to a GB Boxing Programme. You can book on via Eventbrite if you would like to join in the fun! If you are interested in the GB Boxing Programme please contact **Emily** or **Di**.

We are running two **Universal Credit Workshops** in our **Northwich Training Room** on **Friday 14th June, 10-11am & 1-2pm**. There will be a representative from Winsford Job Centre coming along to help you to understand how and what to claim for parents and adults.

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 our 3 hour training session 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:

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

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

Parent Training Programme with OSSME

Sessions in our Northwich Office 6-8pm:

5 th June	Sensory Processing
12 th June	Autism and Play Training
19 th June	Puberty / Sex Education Support
26 th June	PDA - Pathological Demand Avoidance
3 rd July	Anxieties and Stress Management Support

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

31 May	WINSFORD	Gardening at Over Allotments Winsford CW7 2ED with Di & Cathy.	11am-1pm
1 June	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
2 June	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nic.	11.30am-1pm
3 June	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
3 June	CHESTER	Kidz Club at St Oswald & St Thomas Hall CH1 4AG with Sam, Kat & Lauren.	4.30-6pm
3 June	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
3 June	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
4 June	RUNCORN	Independence & Living Skills Course Part 2 in Runcorn with Rach & Sara.	10-11.30am
4 June	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
5 June	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Julie & Steph.	4-6pm
5 June	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Bobbie.	5.30-6.45pm
5 June	NORTHWICH	Parent Training at Northwich Training Room: Sensory Processing	6-7.30/8pm
6 June	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
6 June	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
6 June	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Kat & Jess.	5-6.30pm
6 June	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm

6 June	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Kat & Leona.	7-8.30pm
8 June	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Rach & Mel.	5.30-6.30pm
9 June	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	12.30-2.30pm
10 June	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
10 June	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Sam, Kat & Lauren.	4.30-6pm
10 June	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph & Tracey.	5-6.30pm
10 June	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
11 June	RUNCORN	Children's Yoga at Runcorn Training Room with Rach.	5.30-6.15pm
12 June	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-5.50pm
12 June	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
12 June	NORTHWICH	Parent Training at Northwich Training Room: Autism & Play Training	6-7.30/8pm
12 June	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
12 June	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
13 June	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
13 June	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui & Sam.	6-7.30pm
13 June	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
13 June	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
14 June	WARR'TON	Parents Meeting at Walton Lea Project WA4 6TB with Julie.	10-12noon
14 June	NORTHWICH	Universal Credit Workshop 1st Session at our Northwich Training Room.	10am-11am
14 June	NORTHWICH	Universal Credit Workshop 2nd Session at our Northwich Training Room.	1-2pm
15 June	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire & Bobbie.	3-4pm
15 June	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire & Bobbie.	4.15-5.15pm
16 June	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-12.30pm
16 June	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nic.	11.30am-1pm
16 June	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Terri.	2-4pm
17 June	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
17 June	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Claire, Sam & Lauren	4.30-6pm

17 June	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Tracey.	5-6pm
17 June	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
17 June	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
18 June	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
19 June	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Lauren.	4-6pm
19 June	WIDNES	Family Session at Velocity WA8 0GW with Mel, Rach & Emily.	5-6pm
19 June	NORTHWICH	Parent Training at Northwich Training Room: Puberty/Sex Education.	6-7.30/8pm
20 June	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
20 June	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat, Sam & Jess.	5-6.30pm
20 June	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
22 June	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
22 June	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
23 June	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Tracey, Lauren & Nic.	12.15-1.15pm
23 June	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Tracey, Lauren & Nic.	1.30-2.30pm
24 June	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire.	12.30-2pm
24 June	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
24 June	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Claire, Sam & Lauren	4.30-6pm
24 June	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Cathy F & Denise.	6-6.45pm
24 June	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
24 June	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Rach.	8-9.30pm
25 June	CREWE	Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
26 June	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
26 June	WINSFORD	Family Session at UA Trampoline Park CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
26 June	NORTHWICH	Parent Training at Northwich Training Room: PDA	6-7.30/8pm
26 June	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
26 June	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
27 June	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm

27 June	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui & Sam.	6-7.30pm
27 June	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm

Contact details for staff ...

Ruth *for attention card applications, forms, Gift Aid, child registration forms, admin.*

Admin 0344 850 8607 admin@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

