

July 2024

ChAPS Newsletter



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ChAPS Survey

Thank you to everyone who completed the members survey that was sent out at the end of 2023. Your feedback has been greatly appreciated and it is so crucial to us to be able to deliver the best quality of service that we can. As part of our ongoing review into the services we offer, we would really love if you could complete this follow-up survey please. Hearing our members' voices is so important to us, and we would love it if more of you could fill this short survey out. It should take around 1-2 minutes to complete.

Here is a link to a membership experience survey: <https://forms.office.com/r/h3rJwRUJu8>

We want to act on your honest feedback and develop our services to be of even greater use to you. Your feedback will help shape the service we provide and we hope to give an update very soon on our review.

Carey

After 9 years of dedicated service, Carey has decided to step down from her role as Families Manager. Carey will be stepping into the Lead Adults' Activity Worker role, meaning she will be just as involved in the life of ChAPS but in a role that will be working closer with our members.

We would like to thank Carey for all she has done in her role as Families Manager, and are extremely excited to see her in her new position; we are certain that our members will benefit greatly from her expertise and experience.

Summer Holiday Extra Activities

We are in the process of finalising our ChAPS Summer Holiday Extra Activities and hope to share this with you very soon!

We have lots of activities planned, including a relaxed film screening of a very popular former supervillain and his yellow henchmen; a WILD water activity; our annual Pool Party & BBQ, and so much more. We will also be collaborating with Petty Pool in the Community for a very special activity with our over 16 year old members. Look out for more information coming very soon!

Chester Annual Sponsored Walk



It's that time of the year again when we launch our annual sponsored walk. This year it will take place on Sunday 15th September, setting off from Chester Racecourse at 11am with the added incentive of edible goodies along the way!

If you would like to join us, please email Chloe on chloe.carter@cheshireautism.org.uk - the more the merrier so feel free to invite friends and family too as this is a really lovely day out. Many thanks to Chester Business Club for inviting us to take part again, the walk is always a highlight of our year!

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ChAPS Newsletter



Outside ChAPS

This part of the newsletter focusses on services external to ChAPS that we feel may be of interest to you.

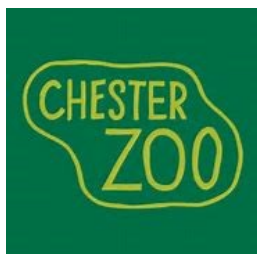
Disability Awareness Day 2024



ChAPS will be attending the Disability Awareness Day (DAD) on Sunday 14th July at Walton Hall Gardens in Warrington.

DAD is a pan disability event which promotes a can do culture focusing on what disabled people can do throughout life and work. Visitors can expect to find over 200 exhibitors, equipment suppliers, transport, holidays, leisure, employment, support groups and services, as well as a Sports Zone, Performing Arts Marquee, Silent Disco and family entertainment. For more information, click [here](#).

It would be great to see some friendly faces!



Chester Zoo

Chester Zoo offer lots of multi-sensory experiences, for example Daily animal talks with the Zoo Rangers, or Sensory Bags, that help improve focus and relaxation. To find the best areas for multi-sensory experiences, download their [Sensory Trail](#).

To help prepare for your visit, Chester Zoo have recently released a Social Stories Guide, titled *What to expect from your visit*. This guide is a collection of pictures of the venue, staff and sign language that will help you enjoy the best experience. To access the Chester Zoo's Social Stories Guide, click [here](#).



Gravity Active Entertainment

Gravity Active Entertainment are a Trampoline park based in Warrington Town centre. Each Sunday and Monday between 6-7pm, they run a SEN session. The SEN sessions provide a calm environment to enjoy the activities, with music and disco lighting turned off. Tickets are £6 and use code COMPCARER at the checkout for 1x free carer with every SEN session. For more information, or to book tickets, please click [here](#).

Theatre Porto: Sunday Takeover

Sunday Takeover is an event especially for Children and Youth People who identify as Disabled or Neurodiverse. The sessions will give children space to relax, play and engage with their creative and sensory sides.

The next session is on Sunday 14th July, 2pm-6pm.

Link to it on the Theatre Porto website here: [The Sunday Takeover - Theatre Porto](#)

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Activity Links



Activities for Autistic Children

These activities are for autistic children only

(Activities listed in alphabetical order by location/town)

BRIDGE TRAFFORD:

Animal Therapy (4-18 years old)

- Sunday 21st July, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 3rd July, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 8th July, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 22nd July, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 1st July, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 15th July, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 2nd July, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 11th July, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 25th July, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 1st July, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 15th July, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 8th July, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 22nd July, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 10th July, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 24th July, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 14th July, 12.30-1.15pm or 1.30-2.15pm at Martial Arts Centre, WA8 0GZ

Activities for Families

These activities are for the whole family, including siblings.

(Activities listed in alphabetical order by location/town)

ELLESMERE PORT:

Multi Sports

- Saturday 13th July, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 27th July, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 13th July, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 27th July, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Lego Yoga

- Sunday 28th July, 10.30-11.30am at ChAPS Autism Ark, CW8 1BE

Swim Session

- Saturday 6th July, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RUNCORN:

Swim Session

- Saturday 20th July, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

WINSFORD:

Urban Air Trampoline Park

- Wednesday 24th July at Urban Air Trampoline Park, CW7 3RL
5-6pm (under 10 years old)

6-7pm (11-18 years old)

Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

CHESTER:

Mindfulness Movement

- Thursday 25th July, 7-8pm at Queens Park Road, Handbridge, CH4 7AE

My Time

- Saturday 20th July, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 24th July, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 1st July, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 11th July, 7.45-9pm at Theatre Porto, CH65 6QY

KNUTSFORD:

Parents' of Adults Meet

- Friday 26th July, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 5th July, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 15th July, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

My Time

- Saturday 13th July, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 23rd July, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 19th July, 11.45am-1pm at Delamere Forest, CW8 2HZ

Yoga for Adults

- Friday 19th July, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

NORTHWICH:

Crafty Club

- Friday 5th July, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 15th July, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 19th July, 11.45am-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 15th July, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Friday 19th July, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 3rd July, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 17th July, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 10th July, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 24th July, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 31st July, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 1st July, 7.30-9pm at Winsford Youth and Community Forum, CW7 2HG

ONLINE SESSIONS:

Adult Mental Health Support Group

- Friday 5th July, 5.45-6.45pm
- Wednesday 10th July, 5.45-6.45pm
- Wednesday 17th July, 5.45-6.45pm
- Wednesday 24th July, 5.45-6.45pm
- Wednesday 31st July, 5.45-6.45pm

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Need More Help?



To make initial contact with staff, please use info@cheshireautism.org.uk and your email will be forwarded to the relevant person.

Ruth/ Jo - Admin Staff

For Attention Cards, Gift Aid, Child Registration Forms and everything else admin

T: 03448508607



Lisa - Admin Staff, Café & Support Worker

For Advice, Signposting and Support, Café and everything else admin

T: 03448508607



Caron - Support Worker

For Advice, Signposting & Support

Carey - Lead Adult Activity Worker

T: 07462 887815



Chloe - Activities and Fundraising Manager

For Activities, Room Bookings at The Ark and Fundraising

T: 07491 001360



Graham - Head of Service

For Safeguarding, Strategic Planning, Governance, Funding and Operational Management



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.