



Cheshire Autism  
Practical Support

## Newsletter

August 2018

### Information

**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 suffering with either mental ill health or a learning disability.

They have a carer support group every 3<sup>rd</sup> Thursday of the month at Water Waterside House, Navigation Road, Northwich CW8 1BE. 10am-1pm and any new attendees would be warmly welcomed. If you would like more information on what services Making Space provide carers, please contact their office on **01606 606694**.

**Blue Room Halton** is an arts programme for young learning disabled people interested in art that will happen at **Norton Priory** every Friday. For two months in August and September all day sessions (9.30 - 3.30/4) will be free. After that, sessions cost £54 per day and will include access to personal care from a trained support worker. For more information please contact Laura on [laura.y@thebluecoat.org.uk](mailto:laura.y@thebluecoat.org.uk)

**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](mailto:office@chatter-bug.com) or call 0113 240 8510.

**Barnton Primary Children's Centre** are hosting 'Stay and Play' sessions for pre-schoolers on Mondays (term time). 1.30 -3pm. For more information and to book a place please contact Rosebank School on **01606 74975**.

**Halton Disabled Children's Service** are running a Rocks and Pots Craft Session on Wednesday 15<sup>th</sup> August at **The Brindley, Runcorn WA7 1BG**. They are also running other activities/fun days throughout summer so for more information and to book places please call **0151 420 7767**.

**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](mailto: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**.

**Velocity** in **Widnes** is now the UK's biggest inflatable park! They are running three Autism friendly sessions over summer. **Saturday 4<sup>th</sup> August, Thursday 9<sup>th</sup> August & Thursday 30<sup>th</sup> August**. All **10-11am**. To book please visit <https://www.rollerdigital.com/velocitywidnes/products/autismanddisabilityfriendlysession?date=20180602#/sessions>

**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](http://www.confidenthearts.com). Tanja's email is [courses@confidenthearts.com](mailto: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](mailto:thetreehouseplaytherapy@gmail.com) or [entwineattachment@gmail.com](mailto:entwineattachment@gmail.com) - 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. For times and venues please check out the following website [www.cheshireandwarringtoncarers.org](http://www.cheshireandwarringtoncarers.org)

**Warrington Museum and Art Gallery** host Autism Friendly Sessions every **second Saturday of each month. 9.30 -10.30am**. The museum will be open exclusively to families with a child who has ASD for the first half an hour. After that the museum is open to all, but generally remains quiet until 11 a.m. allowing for some integration too. There is a refuge room available if necessary and there is also a low key craft session, which is usually very tactile, on offer for those who are interested.

**Ellesmere Port Autistic Spectrum Support** their next coffee morning will be Tuesday 24<sup>th</sup> August 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 Tessa Ede search for EPASS on Facebook.

**Westminster Families Community Group** is run by families in the Westminster area of Ellesmere Port. There is a monthly community café and other events for Ellesmere Port residents. For details view their Facebook group <https://www.facebook.com/Westminster-Families-CG-149895718528317/> or contact Lisa Denson on 07948 613749. **Healthbox CIC** have just started hosting free children's outdoor yoga sessions on Saturdays 3.30-4.30pm for children age 4-7 years here. For booking contact [seona@healthboxcis.com](mailto:seona@healthboxcis.com) or call 0151 355 0205.

**Autism Support Hub and Resource Library** are open Wednesdays 10am-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](mailto:autismlibrary@rosebank.cheshire.sch.uk) or call on 01606 783295.

**Cheshire Oaks** host an autism-friendly shopping experience once a month. The next session will be on Tuesday 7<sup>th</sup> August 5-8pm. Lights are dimmed, music is low and quiet spaces are on offer to relax. At the Visitors' Centre you can collect a map of the site and an alert card you can use to show a member of staff if you require any assistance. For more information call **0151 348 5600**.

## Future Events

North Wales' 3<sup>rd</sup> Annual Autism Conference 'Embracing the Autistic Voice to Transform Attitudes' will take place on Friday 19<sup>th</sup> October 2018 at Catrin Finch Centre, Glyndwr University, Wrexham LL11 2AW. 8.30am-5pm. Guest speakers will be Dr Wenn Lawson, Dr Luke Beardon & Dean Beadle. To purchase tickets for this event, please visit <http://shoutout.wix.com/so/3MIaTkRX?cid=e6b2f65d-a9ed-4448-9de6-19f5ec1749ae#/main>

## Activities for Adults on the Spectrum

**Adult Independence and Living Skills Part 1** will be running again in the Ellesmere Port area starting in September. This 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 this course, please contact **Carey** on [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk) and she will be able to answer your questions 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 1<sup>st</sup> and 3<sup>rd</sup> Mondays in **Runcorn** office 12.30pm- 2pm, and 2<sup>nd</sup> and 4<sup>th</sup> Mondays in **Northwich** office 1pm- 2.30pm. There are many lovely creations being produced in these sessions -Thank you **Terri**.

**Spectrum Connect WINSFORD** will meet at New Images, Winsford on **Monday 6<sup>th</sup>** and **Monday 20<sup>th</sup> August**. 8.30-10pm. Quizzes, board games as well as table football, table tennis and pool.

**Spectrum Connect HALTON** will meet at The Halfway House, Runcorn on **Monday 27<sup>th</sup> August**. 8-9.30pm.

**New! Spectrum Connect CHESTER** will meet at Meltdown Café CH4 7BU on **Thursday 9<sup>th</sup> August**. 7-9pm.

**Yoga Seseession for Parents and Adults on the Spectrum** join us for a lovely relaxing session!

Our Halton session will run on **Thursday 23<sup>rd</sup> August** at our **Runcorn Training Room 1-2pm**.

## 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/>

**Lego Therapy Club** has now started in Northwich. This is an intensive session for a small group of children age 10+. Each child is initially offered six sessions. The sessions run 1st and 3rd Thursdays in Northwich in our Training Room 5-6.30pm. You can use the car park. **Cathy** is also going to lead these sessions. Please email **Carey** on [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk) if your child would like to be considered.

**Horse Sense** will be replaced with **two extra sessions of Animal Therapy** for our families in August. The date for the extra sessions is **Wednesday 22<sup>nd</sup> August**.

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!**

**Intensive Social skills for Children** We are happy to be running three of these courses from September per half term. Carey will be working hard to organize places and will contact those directly who receive one.

**Mindfulness Classes for Children** We are running two of these courses from September. Places will be selected shortly. Thank you to Tanja for provided these amazing sessions.

**The Best Gift is YOU** will begin again in September. This course is a therapeutic Mindfulness programme for parents and adults on the autism spectrum running over 8 weeks. This time it will be an evening course in Northwich.

**Parent Training Programme** After the success of running this course in Northwich in June, we are happy to be repeating the programme in the autumn term at our Runcorn training room. Many thanks to Sarah Cobbe for providing this fantastic training.

### **NEW! Supporting the Wellbeing & Mental Health of Autistic Children and Young People Training**

The Charlie Waller Memorial Trust was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust to educate young people in the importance of staying mentally well and how to do so. Our programme provides evidence-based presentations and workshops that motivate, build confidence, inform and offer practical ideas and tools that can easily be put into practice.

This workshop for **ChAPS** members will be specifically tailored to supporting the needs of autistic children and young people with a special focus on anxiety. It will be delivered by Jo Billington, a Doctoral Researcher in the Centre for Autism at the University of Reading who is also parent to two autistic boys. Thank you to Jo for providing this workshop... **It will run twice in September at our Northwich training room and be repeated in Runcorn in the New Year!**

**Swimming Lessons** will start again in September. **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. Please email Carey on [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk) if you are interested in a place for your child.

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

<b>1 Aug</b>	<b>NORTHWICH</b>	<b>Holiday Club at Petty Pool CW8 2DR.</b>	<b>9-5pm</b>
1 Aug	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi & Cathy.	4.30-5.30pm
2 Aug	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Cathy.	9.30-10.30am

2 Aug	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Jacqui, Sian & Zara.	5-6.30pm
2 Aug	NORTHWICH	Lego Therapy Club at Northwich Training Room with Cathy & Bobbie.	5-6.30pm
2 Aug	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
2 Aug	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Nat & Leona.	7-9pm
<b>3 Aug</b>	<b>DELAMERE</b>	<b>Family Walk &amp; Picnic Lunch at Delamere Forest CW8 2HZ with Carey.</b>	<b>10.30-2pm</b>
4 Aug	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
6 Aug	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Nat.	11am-1pm
6 Aug	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
6 Aug	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Kat & Sian.	4.30-6pm
6 Aug	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Jeff & Bobbie.	7-8.30pm
6 Aug	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Jeff.	8.30-10pm
<b>7 Aug</b>	<b>RUNCORN</b>	<b>Lost Castles Event at Norton Priory WA7 1SX with Emily.</b>	<b>9-12.30pm</b>
7 Aug	WIDNES	Freacking Awesome at Salisbury Street Widnes WA8 6AZ with Rach.	5.30-7pm
<b>8 Aug</b>	<b>NORTHWICH</b>	<b>Holiday Club at Petty Pool CW8 2DR.</b>	<b>9-5pm</b>
<b>8 Aug</b>	<b>RUNCORN</b>	<b>Story Walk &amp; Crafts at Norton Priory WA7 1SX with Rach &amp; Mel.</b>	<b>10-12.30pm</b>
8 Aug	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Nat, Sam & Jonny.	7-8.30pm
9 Aug	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
9 Aug	RUNCORN	Youth Club & Lego Therapy at The Acorn Club WA7 5EX with Mel & Rach.	7-9pm
11 Aug	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Sam J.	3-4pm
11 Aug	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Sam J.	4.15-5.15pm
12 Aug	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	10.30-12pm
12 Aug	WIDNES	Anti-Gravity Yoga for Kidz at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
13 Aug	RUNCORN	Parent & Toddler Meeting at our Runcorn Office with Rach & Leona.	10-12pm
<b>13 Aug</b>	<b>NORTHWICH</b>	<b>Pond Dipping at Grozone at Whalley Road CW9 5QA with Di &amp; Nicola.</b>	<b>1-3pm</b>
13 Aug	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
13 Aug	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
13 Aug	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Sian & Kat.	6.15-7.45pm

14 Aug	FRODSHAM	Climbing & Raft Building at Round Ponds WA6 6SU with Emily & Di.	9.30-4.30pm
14 Aug	NORTHWICH	Pool Party at Marbury Park CW9 6AT with Jo, Cindy & Carey.	7-9pm
15 Aug	NORTHWICH	Holiday Club at Petty Pool CW8 2DR.	9-5pm
15 Aug	CHESTER	Family session Fun 4 All Sealand Ind Est CH1 4NT with Toni, Tina & Claire.	4-6pm
15 Aug	WIDNES	Dinky Rink Ice Skating at The Hive WA8 0TA with Mel & Rach.	5-7pm
16 Aug	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
16 Aug	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Jacqui & Zara.	5-6.30pm
16 Aug	NORTHWICH	Lego Therapy Club at Northwich Training Room with Cathy F & Bobbie	5-6.30pm
16 Aug	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel, Rach & Claire H.	6.15-7.30pm
16 Aug	CHESTER	Family Pilates at Lach Comm Centre CH4 8HX with Claire.	6.30-7.15pm
17 Aug	LYMM	Safety Session at Safety Central WA16 with Di & Cathy.	9.30am-4pm
18 Aug	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
19 Aug	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-11.30am
19 Aug	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J & Sam F.	2-4pm
19 Aug	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
20 Aug	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
20 Aug	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
20 Aug	WINSFORD	Gardening at Over Allotments Winsford CW7 2ED with Di.	3.30-5pm
20 Aug	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina, Kat.	4.30-6pm
20 Aug	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
20 Aug	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
21 Aug	CHESTER	Cultural Cookery Workshop at Russian Crepes CH2 1QL with Emily & Carey.	10-12.30pm
21 Aug	WIDNES	Freaking Awesome at Salisbury Street Widnes WA8 6AZ with Rach.	5.30-7pm
22 Aug	NORTHWICH	Holiday Club at Petty Pool CW8 2DR with Holiday Club Team.	9-5pm
22 Aug	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.00-11.45am
22 Aug	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Di & Carey.	5.30-7.30pm
22 Aug	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire Sam & Jonny.	7 - 8.30pm

23 Aug	RUNCORN	Yoga for Adults at Runcorn Training Room with Stubbs Yoga.	1-2pm
23 Aug	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
23 Aug	RUNCORN	Youth Club & Lego Therapy at The Acorn Club WA7 5EX with Mel & Rach.	7-9pm
25 Aug	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
25 Aug	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
25 Aug	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
27 Aug	RUNCORN	Spectrum Connect Adults Social at The Halfway House WA7 5NR with Rach.	8-9.30pm
<b>28 Aug</b>	<b>CORWEN</b>	<b>Summer Camping Trip at The Forge.</b>	<b>3 Nights</b>
<b>28 Aug</b>	<b>CHESTER</b>	<b>Code a Drone at Lache Comm Centre CH4 8HX with Emily.</b>	10.30-1pm
28 Aug	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm

#### 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

**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 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.

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