



Information

Cheshire Oaks Autism friendly Shopping Night will be held on **Tuesday 13th Sept**, from 5pm –9pm. There will be quiet areas for people to take time out and no background music. For more info and maps of the Centre, please contact the Visitor Centre on your arrival.

Cheshire Oaks are also running a **Retail Academy for 16- 18 year olds** who are not doing A levels. This looks like a real possibility for teens with ASC that want to work in retail. Please call 0300 123 5223 for more info.

SplashWorld Southport host **quiet nights** for children and Young people with disabilities and their families and carers. There is one running in August, on **Friday 8th**, 6.30pm-8.30pm. £6 per person and 1 carer goes free. I have had good feedback about this session!

Autism friendly screenings of films for children (and some cinemas are now trialing older children and adult screenings) are all listed on this handy website <https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/> Prices from £1.99 Some cinemas will accept a DLA letter as proof of disability and allow carers to go free.

Over the summer **CWAC** and the **IASS** have been conducting a **disabled Children's service review**. This closes on the 18th September so if anyone wants to have a say, please do so quickly. More details can be found here. www.cheshirewestandchester.gov.uk/disabledchildrensreview

Unique disco (for adults with additional needs) takes place **Tuesday evenings 7-9pm** at Ellesmere Port Labour Social Club, Flatt Lane, Ch65 8DP Call for more details 0151 355 3473 (office) or 0151 355 0055 (bar) or search on Facebook.

Space4Autism are starting up their Parent/Carer Get- Together's again in September on the 4th Monday of the month 7.30pm – 9.30pm at the Space Centre, Macclesfield, CW11 7NJ Check out their website for more info, <http://space4autism.com>

Liverpool museums are running some **autism- friendly sessions**, some are in the term time (maybe suitable for home schoolers) and some in the holidays and weekends. See here for more details <http://www.liverpoolmuseums.org.uk/learning/autism-sessions.aspx> (remember Mersey rail do family day passes on the train from Chester or Ellesmere Port).

Alex Lowery Speaks: Autism and Sensory Issues at Darland High School, Chester Road, Rossett, Wrexham LL12 0DL 22nd September 7- 10pm. For tickets go to <https://wrexhamnas.yapsody.com/event/index/45210/alex-lowry-autism-and-sensory-issues>

Together Trust are delivering a **Sleep Workshop** on Wednesday 21st September at Cheshire Carers Centre Crewe Office, unit 14, Brierley Business Centre, Mirion Street, CW1 2AZ, 9.30am – 2pm. Booking essential 01606 352834 or email dcd@cheshireandwarringtoncarers.org

Autism Hub at Rosebank Library are open Wednesdays 10-6pm and have a range of resources as well as books to borrow. Parent membership costs £10 annually. For more information email autismlibrary@rosebank.cheshire.sch.uk or call on 01606 74975. They are hosting a **Sensory needs Seminar** at Cheshire County Sports Club, Chester on Friday September 30th 9.30am – 2.30pm. All seminars are free to parents but suggested donation of £5 per family. Contact cwacquiries@nas.org.uk or call 01606 783295.

Ellesmere Port Autistic Spectrum Support is a new group set up by Tessa Ede, one of our ChAPS parents, and their next coffee morning will be Sept 20th at Cook Street Café CH65 4AT from 9.30–11.30am.

IASS are hosting an information day to help with transfer from statement of SEN to EHC Plan. This will take place at Tarvin Community Centre, CH3 8LY on Tuesday 20th September 10am -1pm. For more details and to book call 0300 123 7001 or email iasservice@cheshirewestandchester.gov.uk

The **Protea Project** is built around the idea of using mindfulness to build emotional resilience, and provides support for young people and families. To find out more check out the website www.theproteaproject.com or call 07490 716689. Discount for ChAPS members. Thanks very much Tanja – highly recommended by ChAPS.

Chester Zoo have info on this page for anyone with autism wanting to visit the zoo <http://www.chesterzoo.org/plan-your-visit/accessibility-for-disabled-visitors/autism>

The **Local Offer** is a website in every local authority that provides services and info in one place for children, young people and their families. The additional needs children's database is accessed via this website and it is here that you can register for the Max card in Cheshire West www.westcheshirelocaloffer.co.uk or email iasservice@cheshirewestandchester.gov.uk or call 0300 123 7001.

Your Family Matters are a **mediation service** for any one in dispute with their local authority, SEN team, school, social care, health department or any other professional regarding their child's education, social care or health needs. They can be contacted by email on admin@yourfamilymatters.org.uk or by phone 0161 300 9721.

Future Events

Autism Hub at Rosebank Library have the following seminars: **Too much information** seminar explains what it is like to be me, 19th of October 9:30 am, Twilight seminar at the Hub on the 16th of November from 4 pm. **Supporting Siblings – Parents Workshop**, Friday 11th November, 9.30am – 2,30pm

Tuesday 15th November Stepping Hill Hospital, Stockport will be again hosting **Autism, A Hands on Approach**. This is an annual conference for professionals and parents (£35 for Parents tickets). For info/booking Tanya Farley - 07966 399 709 or email autism.ahandsonapproach@gmail.com

About Autism Event at New Brighton's Floral Pavilion on Saturday 15th October 10am-4pm. 30+ exhibitors or services and info, and speakers to include Anna Kennedy OBE and Alex Lowery. Tickets £5 for all, U16 Free. Call the box office to book on 0151 666 0000. For more info see www.floralpavilion.com

Activities in Halton

The **SEND local offer website** has lots of useful information for families and what is available in the local area. <http://localoffer.haltonchildrenstrust.co.uk/>

Widnes Vikings are holding a wellbeing and mental health FREE event. This event will give an insight into Cognitive Behaviour Therapy and is particularly beneficial to those parent carers who have anxiety or depression, or those who

have an interest in finding out more about positive mental wellbeing. Friday September 16th from 10.30 to 1.30pm. Please email tina.taylor@scope.org.uk to book a place.

Sibling Support- Our siblings can also struggle with everything we have going on at times, and this can be magnified in the summer holidays! The Carers Centre has a young carers group and you can self-refer, see attached link for more information <http://haltoncarers.co.uk/carer-support/young-carers/>

Halton Carers Centre offer lots of support and also carers breaks for Halton residents, you can self-refer and they can offer lots of help and advice for parent carers/families. <http://haltoncarers.co.uk/>

Face2Face Halton will be having another evening parent carer meet up on October 6th 7-9pm at The Holiday Inn, Runcorn, WA7 3HA. This event is for parent carers who have a disabled child or child with an additional need of any kind. Any questions please contact Tina Taylor, Halton's Face2Face Co-ordinator, by email tina.taylor@scope.org.uk or by telephone 07767 346724.

Book Suggestions

If you have read something and want to comment on the book, that you think other members will enjoy or benefit from, please get in touch with Carey support@cheshireautism.org.uk to include book suggestions.

I have read **Switched On, My journey from Asperger's to Emotional Awakening** by **John Elder Robison**. Although skeptical when I started reading about the brain treatment John received, I read the book with interest, particularly from the scientific perspective, and found the book well written and quite stimulating. I would still have serious doubts about the Transcranial Magnetic Stimulation (TMS) he describes, but he does stress this is in no way intended as a cure for autism, and it has certainly had positive outcomes in many areas, for example the treatment of depression. We have a copy of the book in the office, which can be borrowed, or copies can be purchased for just under £15. <https://www.amazon.co.uk/Switched>

We have copies of **Luke Jackson's Sex, Drugs and Asperger's syndrome** in our ChAPS Libraries now. Anyone want to read and review for me?

Activities for Adults on the Spectrum

We have booked a trip to the **Anderton Boat Lift** on **Friday 23rd September**. Please contact me if you would like to join us. Tickets £11 each to include Lift and River trip.

Delamere Walk and optional Lunch (or bring your own) on **Thursday 29th September**. Meet at **Delamere STATION café Car park** at 11.30 to walk at 12noon. Lunch can be brought or purchased from the Cafes at the Forest.

Parents of Adults meeting at **The Cross Keys** King Street Knutsford will be **Thursday 15th September** 11am – 1pm.

Crafty Club at the Frodsham Office will be **Monday 26th September**, and **Yoga** for parents has moved venue to The Venue, Gadbrook Road, Rudheath CW9 7JL and is on Wednesday 21st September.

Andrew Edwards will be doing a **talk** for the adult group on **Wednesday 26th October** at Northwich Memorial Hall. 11am – 1pm. Any other ChAPS members will be welcome for a £5 donation per family. Andrew will also be selling his book at the talk (£9.99) Please email Carey if you would like to go.

For ideas, discussion or support please email Carey on support@cheshireautism.org.uk

ChAPS News

Emails have been sent about **Manley Mere Adventure Trail** on Friday 2 September and we are booking another **Raft Building** session at Round Ponds Frodsham, and **Leahurst Farm** in Neston on The Wirral for half terms.

James Fallon our latest volunteer will be running music, Minecraft and coding workshops so if your child is interested in attending these please come along and meet him at one of the activities on the email sent.

Our **Sponsored Walk** is on Sunday 11 September and we only have about half the walkers we usually have. Please join us for the day as this raises vital funds for our charity thank you.

Our Office is open every Friday morning from 10am till 12 – so please call in and see us if you need advice or support. Room 1, First Floor, Frodsham Business Centre, Bridge Lane, Frodsham WA6 7FZ. Turn between the garage and the centre, go around the back to the main car park. Walk along the front of the building to the far left hand doors – we have a ChAPS entry phone there. Up the stairs, across the warning tape, turn left, through the door, second door on the left.

Diary Events

Please book them in your diary!

1 Sept	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Nic	6.15-7.30pm
1 Sept	E'PORT	Parents meeting at Trinity Church Whitby Road CH65 0AB with Linda	7-9pm
3 Sept	NORTHWICH	Family Swim at Memorial Hall Northwich with Terri. Slide only	4.30-5.30pm
3 Sept	RUNCORN	Family Swim at Beechwood Pool with Jen	6.30-7.30pm
5 Sept	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat	5.15-6.45pm
5 Sept	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Carey	11am-1pm
8 Sept	RUNCORN	Youth Club at Lord Taverners Woodside Runcorn WA7 2PG with Jen & Nic	7-9pm
11 Sept	CHESTER	Sponsored 6 Mile Walk around Chester – everyone welcome!	10.30am-2pm
11 Sept	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Jen	4-5 pm
12 Sept	RUNCORN	Parents meeting at Glendale Childrens Centre WA7 2QA with Jen + toddlers	10am-12pm
12 Sept	BLAKEMERE	Barnaby's Playbarn family session with Jo & Carey	5-7pm
15 Sept	KNUTSFORD	Parents of adults meeting at The Cross Keys Pub WA16 6DT with Carey	11am-1pm
15 Sept	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Nic	6.15-7.30pm
18 Sept	M'TRAFFORD	Animal Interaction at Bridgefields Mickle Trafford CH2 4JT with Caireen	2.30-4pm
18 Sept	WIDNES	Anti-Gravity Yoga for Kids at Martial Arts Centre Widnes WA8 0QZ with Jen	4-5pm
19 Sept	CHESTER	Parents meeting at Kingsway Comm Suite, Kingswood, Kingsway with Eve	10am-12

19 Sept	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat	5.15-6.45pm
21 Sept	WIDNES	Dinky Rink & Playzone at The Hive Widnes with Jo Jen & Cathy	5-7pm
21 Sept	NORTHWICH	Yoga for Parents at The Venue Gadbrook Road CW9 7JL with Sarah & Nic	7.30-8.30pm
22 Sept	RUNCORN	Youth Club at Lord Taverners Woodside Runcorn WA7 2PG with Jen & Nic	7-9pm
24 Sept	KNUTSFORD	Pony Riding at Holly Farm Plumley Moor Road Knutsford WA16 9PU with Terri	2-3pm
24 Sept	E'PORT	Family Swim at Ellesmere Port Village with Caireen	4.30-5.30pm
25 Sept	NORTHWICH	Gym with Music and Dance at Northwich Youth Centre CW8 4DE with Nic	11.30-12.30pm
25 Sept	WARR'TON	Circus Starr	2pm
26 Sept	FRODSHAM	Crafty Club at the Office with Terri	10am-12pm
26 Sept	NORTHWICH	Parents meeting at The Antrobus Arms with Nic	7-9pm
27 Sept	CREWE	Parents meeting at The Brocklebank Western Road CW1 6FZ with Maureen	8-10pm
28 Sept	CHESTER	Youth Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat	7.30-9pm
29 Sept	DELAMERE	Delamere Walk for adults on the spectrum with Carey	11.45am-2pm

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