



Information

ChAPS Northwich Parents meeting in January is to host a talk on **Wills, Power of attorney, Trusts and Estate planning** for Parents on **January 22nd** by James and Sarah Hughes. This will be a free event, and will be a half hour talk followed by a chance to ask questions.

ChAPS are proud to be hosting a talk by Andrew Edwards, author of 'Have I got a Stat for you'. He will be talking about his life with autism and his dream job at MUTV. The talk will take place on Tuesday 30th January at 1.15pm at Northwich Training room. Please book via Eventbrite.

Crewe Lyceum are hosting a **Relaxed Performance of Snow White** on Wednesday 3rd January 2018, at 2pm. £18 per person. The changes made are to enable those patrons the opportunity of enjoying the show within an environment which, hopefully, they will find far more comfortable. The changes are specifically as follows: the house lights within the auditorium are kept up rather than the usual darkening. All pyrotechnics are removed from the performance and the sound is brought down and controlled. To purchase tickets you can call the Box Office on 01270 368242 or follow the link to book <https://crewelyceum.co.uk/Online/mapSelect.asp>

Story House – Secret Seven have relaxed performances on the 11th January at 11am and 7pm. For more information on how to book, see their website <https://www.storyhouse.com/event/secretseven>

Build a Young Persons Transition Toolkit Event for Parents of children with autism who are transitioning from primary to high school in Cheshire West. Wednesday 31st January at Wyvern House, Winsford. This has been sent by email and will no doubt be emailed again early next year.

Behaviour Intervention Planning workshop hosted by Autism Inclusive in Crewe at Brierley Business Centre, CW1 2AZ on Monday 15th Jan 11am - 2pm. Please email contact.autisminclusive@gmail.com for places. £5 voluntary donation.

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. Parents/carers are not required to attend with their young person. This session is £4 per week, payable weekly in advance or by personal budget. There are lots of exciting activities coming up including photography, Christmas crafts and poster design. For further details to register for this group you can contact office@cheshirecil.org or Mel on 01606 331853.

Carers Trust 4all is launching a NEW service to support children aged 8 – 11, 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

Space4Autism are starting an **after school club** for all the family in January. This will run Monday to Thursday 3.30pm -5pm, all family members welcome. £2.50 per child inc. drink and biscuit. Please email info.space@hotmail.com for more info. The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN.

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 Please note **any U6's must** be supported on trampolines by an **ADULT**.

Freedome Trampoline Park in Cheshire Oaks have Autism friendly sessions at 9am - 10am on Saturdays and Sundays at a reduced price of £7 or £11 with a carer. For more information you can visit their website <http://freedomecheshireoaks.pfestore.com/areas/Default.aspx> or call to book on 0151 356 7494.

Flipout Chester have Autism friendly sessions the first Thursday of each month 6pm - 8pm at a reduced price of £6. For more information you can visit their website.

Tanja Sharpe - Integrative Family Counselling & Mindfulness Cheshire www.tanjasharpe.com is offering; Young people's one to one & group counselling - ages 7+ in Schools, one of our counselling rooms or online. **ChAPS families discount** at £30 per hour. Mindfulness - by arrangement through **ChAPS** <https://tanjasharpe.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

The Grosvenor Museum run Autism Friendly afternoons on the first Friday of each month, from 3 – 5pm. Where possible, they will dim the lights, turn the sound effects and music down and create a welcoming space for children and adults on the spectrum, to learn and have fun in a comfortable environment. They will also be offering activities based around a different theme each month. The museum can provide a pre-visit welcome pack for visitors who find it useful to orientate themselves in the venue before a visit. Admission is free - donations are welcome. For more information you can contact Virginia Kettle on 01244 9721 or via email virginia.kettle@cheshirewestandchester.gov.uk

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 16 January at Cook Street Café CH65 4AT from 9.30 – 11.30am. They also have a monthly bowling night. For more information or to make contact with the group, search for EPASS on Facebook.

CONTACT provide a range of useful leaflets around all aspects of parenting, and can help any family with disabled children. We have copies of their booklets in our Northwich Training Room. They have recently delivered workshops for us, and can be contacted by email for general enquiries on northwest@cafamily.org.uk or on their dedicated helpline 0808 808 3555.

National Autistic Society have an online hub, a safe space to join in online chat about various topics. http://community.autism.org.uk/?utm_source=Community_solus_email&utm_medium=email&utm_campaign=Community&utm_content=Segment_1 They also have a very supportive school exclusions section on their website: <http://www.autism.org.uk/services/helplines/school-exclusions.aspx>

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.

Future Events

Transition to Adulthood Event at Ellesmere Port Civic Hall on **Thursday 8th February** for parents of young people aged 13-25. 9.30am – 2.30pm. More details to follow.

Upcoming workshops - Free Workshops **Cerebra workshop: DLA** on Tuesday 27th Feb 10am-2pm, **Cerebra workshop: toolkit for solving problems** on Tuesday 20th March 10-2pm. **"All About Sensory"** on Saturday 24th Feb 2018 10.00am – 1.00pm and **"Challenging Behaviour"** on Saturday 21st April 10.00am – 1.00pm both by **Geoff Evans** and **Living Autism**. All workshops will be take place at **Space4Autism**, The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN. To book your place please email info.space@hotmail.com

Winsford Wellbeing Week will take place again during February half term. The theme is Eat Well, Move Well, and Feel Well. ChAPS will be doing a stand on Friday 23rd Feb 2018.

Book and DVD Suggestions

A member has suggested the book **Understanding Autism in Adults and Aging Adults by Theresa M. Regan**. There is an excellent chapter in the book on Executive Function and how it affects behaviour in Adults.

Fingers in the Sparkle Jar by Chris Packham. Well worth a read if you are an autistic adult, have a child on the spectrum, or even were an 80's school kid! (Or a Chris Packham fan, like me.)

Activities for Adults on the Spectrum

Our next **Adult Independence and Living Skills** course will run in Northwich starting on Friday 12th January in the afternoon. Please email Carey on support@cheshireautism.org.uk for more details, or book 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, and 2nd and 4th Mondays in Northwich office. Sessions are 1pm- 2.30pm. Thank you **Terri**.

Spectrum Connect will meet at New Images, Winsford on **Monday 15th January** and **Monday 29th January** 8.30-10pm. Quizzes, board games as well as table football and pool.

Quiz session by Ian – the next session is unconfirmed but looking at a date of the 15th February. Please get in touch with **Carey** if you wish to join us.

Yoga for Parents and adults on the Spectrum will be Thursday 25th January, 11.30am -12.30pm. Come and join us for a lovely relaxing session.

Chester Group for Adults ASPIRE will be meeting at P3 York Street Chester CH1 3LR Wednesday 3rd January, 11.30am -1pm. See Facebook for more info on this group <https://m.facebook.com/groups/491332914410676>

Aspergers 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.

Activities in Halton

Freaking Awesome is a games shop in **Widnes** that run kids clubs every Thursday and Sunday. They are currently working with Halton Borough Council to start an Autism friendly evening where children with Autism come and play board games and consoles. You can contact Kerry on kerry@freakingawesome.co.uk for more information.

Cineworld in **Runcorn** are showing an Autism Friendly Screening of 'Star Wars: The Last Jedi' on Sunday 7th January at 11am. Lighting will be kept on during the screening. Volume levels will be reduced. There will be no advertisements or trailers. Seating will not be allocated and customers will be allowed to bring in their own food. You can book tickets at <https://www.cineworld.co.uk/films/autism-friendly-screening-star-wars-the-last-jedi#/buy-tickets-by-film?in-cinema=8077&at=2018-01-07&for-movie=ho00005062&view-mode=list>

The Brindley in **Runcorn** are showing a Relaxed Performance of Sleeping Beauty on Sunday 7th January at 1pm. The relaxed performance aims to create a welcoming, less formal atmosphere to reduce anxiety and audience members are able to come and go as they please. Bright lighting will be reduced, music will be played quietly and strobe lighting and pyrotechnics will be removed. You can book tickets here: https://tickets.thebrindley.org.uk/en-GB/events/sleeping%20beauty%20-%20relaxed%20performance/2018-1-7_13.00/the%20brindley%20theatre?hallmap

Jump Nation Autism friendly sessions available fortnightly on Saturday mornings at 10am. January sessions are the 6th and 20th. 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). The sessions are £8.95 and a carer would attend free of charge.

ChAPS News

Merseyside Police and Emergency services Attention Card Launch has led to more interest from British Transport Police, and Jo visited BTP HQ in London to discuss national roll-out. A pilot scheme is being looked at in the North West, and.. **Breaking news**.. in February The Met are coming to visit to discuss roll out too!

Play Therapy sessions will be starting on Saturdays from the 20th Jan. Initially we have 12 places over 2 one hour sessions with play therapists Megan and Tara, from Entwine Play Therapy. We have set up an Eventbrite to register your interest for your child. The sessions will be held at our Northwich training room and children **MUST** be able to commit to the full 6 weeks to gain a place. Places will be allocated during early January and parents will be emailed confirming their child's place and time slot.

2018 NEW YEAR ACTIVITIES and courses will be starting in the second week of January (Monday 8th – Friday 12th) to include:

Mindfulness for Children on the Spectrum on Weds Evenings in CHESTER and Saturday mornings in Runcorn

'Best Gift is You' Mindfulness course for parents will be on Tuesday mornings in NORTHWICH

Intensive Social Skills for Children Monday evenings in ELLESMERE PORT

Adult Independence and Living Skills on Friday afternoons in NORTHWICH

And finally **Play Therapy** on Saturdays in Northwich. WOW.

We will also be running the **Parents course by OSSME** again in Runcorn both evenings and daytimes in our new large Training Room in the New Year - exact dates to follow.

NEW COUNSELLING SERVICE by **Lisa** starting in the New Year. We are very pleased to be involved in Lisa's work/studies, and are looking forward to getting this project off the ground. This is what she has to say:

Hi, I'm Lisa, I will be offering counselling services from January to ChAPS members free of charge. A little about me, I am a long standing ChAPS member, and I have personal and family experience of what it is to live with autism. I currently run some autism awareness workshops for mental health nurse students at Staffordshire University. I am

passionate about offering Person-Centered counselling to families and autistic clients, using my unique experience, to offer my genuine understanding and acceptance. I will be offering this service to teens and adults on the spectrum, or anyone who supports someone on the spectrum. If you feel you would benefit from counselling, please contact ChAPS for an appointment. Slots will be available on Monday mornings and Wednesdays 9am-5pm.

SENSORY SPECTACLE Training with Becky Lyddon on 17th April 2018. **FEEL IT!** Workshop at Northwich Training rooms. More details to follow, but I'm sure quite a few of you will remember the fabulous training that Becky ran for us last year.

Swimming Lessons will start again after the February 2018 half term break. **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.

Thanks to **Children In Need** funding we will be running 8 groups of **Mindfulness Courses** for children for the next 3 years. This is a fantastic opportunity to give your child coping strategies for anxiety, stress and negative behaviours. Jenna did this early in 2017 and I firmly believe it kept her in school. Highly recommended by ChAPS and huge thanks to www.tanjasharpe.com for all her excellent work.

*Please note: ALL activities on **Monday 1st January** will be **cancelled** due to New Year's Day bank holiday. Winsford Youth Club and Spectrum Connect has been re-scheduled for Monday 29th January. **Blacon Parents** at Matthew Henry Church has been re-scheduled to Monday 8th January.*

Gym with Games has a time change on Sunday 7th January with Simon and Di from **12.30pm-2pm**.

Winsford Breakfast at Subway will be at the earlier time of 9-10am, for January only.

Diary Events

Please book them in your diary!

(Bold are the extra activities)

3 Jan	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Di & Naomi.	4.30-5.30pm
3 Jan	CHESTER	Sweet Jar Creations at Spavens Chester CH2 3NH with Carey & Emily.	5-7pm
4 Jan	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9-10am
4 Jan	CREWE	Bowling & Lunch at MFA Bowl CW1 3AJ with Carey & Emily.	11am-1pm
4 Jan	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Sam, Paul & Zara.	5-6.30pm
4 Jan	RUNCORN	Junior Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	6.15-7.30pm
4 Jan	E'PORT	Parents Meeting at Trinity Church CH65 0AB with Paul, Nat & Leona.	7-9pm
5 Jan	NORTHWICH	Heart2Heart Workshop with play therapists Tara & Megan.	1-3pm
6 Jan	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
7 Jan	WINSFORD	Gym with Games at Winsford Academy with Simon & Di.	12.30-2pm
8 Jan	BLACON	Parents meeting at Matthew Henry Church Blacon with Toni & Nat.	11am-1pm
8 Jan	RUNCORN	Parent & Toddler Meeting at our Runcorn office with Emily & Leona.	10-12pm
8 Jan	NORTHWICH	Crafty Club at our Northwich room with Terri & Carey.	1-2.30pm
8 Jan	BLAKEMERE	Barnaby's Playbarn family session with Carey, Di & Bobbie.	5-7pm

8 Jan	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat, Sam J & Paul.	6.15-7.45pm
9 Jan	NORTHWICH	The Best Gift is YOU at our Northwich Training Room with Tanja and Carey.	10.30-12pm
10 Jan	CHESTER	Youth Club at Newscene Chester with Claire, Nat & Paul.	7.30-9pm
11 Jan	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul, Tessa & Zara.	7-9pm
11 Jan	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	7-9pm
13 Jan	E'PORT	Multi Sports at Ellesmere Port Sports Village with Claire.	3-4pm
13 Jan	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
13 Jan	E'PORT	Family Swim at Ellesmere Port Sports Village with Claire.	4.15-5.15pm
14 Jan	WIDNES	Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
15 Jan	CHESTER	Parents Meeting at Kingsway Community Suite Kingswood with Evie & Claire.	10am-12pm
15 Jan	RUNCORN	Crafty Club at our Runcorn Office with Terri & Emily.	1-2.30pm
15 Jan	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Nat, Sam J & Paul.	5.15-6.45pm
15 Jan	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
15 Jan	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
17 Jan	BLACON	Parents Meeting at The Enterprise Centre The Parade with Toni & Claire.	7-8.45pm
17 Jan	RUNCORN	Crazy Club at Widnes Superbowl The Hive WA8 0TA with Mel and Emily.	5-7pm
18 Jan	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
18 Jan	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul, Sam & Zara.	5-6.30pm
18 Jan	RUNCORN	Junior Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	6.15-7.30pm
20 Jan	NORTHWICH	Play Therapy at our Northwich Training Room with Tara Megan & Carey.	11-2pm
20 Jan	WIDNES	Roller Disco at Kingsway Leisure Centre WA8 7QH with Emily & Mel.	5-6pm
21 Jan	B'TRAFFORD	Animal Therapy at Bridgefields CH2 4JT with Paul & Sam.	2-4pm
21 Jan	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
22 Jan	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
22 Jan	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat, Sam J & Paul.	6.15-7.45pm
22 Jan	RUNCORN	Spectrum Connect Adults Social at The Halfway House WA7 5NR with Emily.	8-9.30pm
22 Jan	NORTHWICH	Parents Meeting & Wills & Trusts Talk at Northwich Training Room with Di.	7-9pm
24 Jan	B'TRAFFORD	Horse Sense for Parents & Adults at Bridgefields CH2 4JT with Claire.	10am-12noon
24 Jan	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm

24 Jan	CHESTER	Youth Club at Newscene Chester with Claire, Nat & Paul.	7.30-9pm
25 Jan	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
25 Jan	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	7-9pm
25 Jan	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul, Tessa & Zara.	7-9pm
26 Jan	NORTHWICH	Peter Pan at Harlequin Theatre Northwich CW9 5JN with Carey.	7.30-9.30pm
27 Jan	NORTHWICH	Peter Pan at Harlequin Theatre Northwich CW9 5JN with Carey.	2-4pm
27 Jan	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
27 Jan	E'PORT	Multi Sports at Ellesmere Port Sports Village with Claire.	3-4pm
27 Jan	E'PORT	Family Swim at Ellesmere Port Sports Village with Claire.	4.15-5.15pm
29 Jan	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
29 Jan	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
29 Jan	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
30 Jan	NORTHWICH	Talk by Andrew Edwards at Northwich with Carey.	12.45-3pm

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