



Welcome to the ChAPS October Newsletter

A message from Jo

We are in the midst of a worldwide pandemic and our hearts go out to anyone impacted by this awful Coronavirus, but the work of the charity still goes on with more provision and support for our families especially around Mental Health. We have seen a big rise in the difficulties that our families are having due to lockdown, restricted social interactions are not the best thing for anyone's mental health, be assured we are doing all we can to help.

We welcome our latest member of staff **Helen** who is full time admin and joins our team at a pivotal moment in our journey!

Which leads me to the wonderful news that we will finally have an Autism Centre! It has been my ultimate dream to be able to house more specialist provision in one place. So if your child attends Lego Therapy as an example, you can receive parental support at the same time.

The venue is on Yarwoods Arm on Navigation Road, Northwich and is surrounded by the river on two sides. The basin has a lot of history as Yarwood was a ship builder. It is such a calm and picturesque setting. The staff will have balconies on the first floor. There is a natural pond with a visiting Kingfisher and quite a large outdoor space for social events and space for our adults to grow fruit and vegetables.

It has been a really difficult decision for the Trustees to make, and I want to thank them for their due diligence, continued support and passion for the charity. The staff and I are super excited about this new venture and we look forward to welcoming you there in due course. Keep safe and well everyone x

A message from Emma ChAPS

Last month many of our children returned to school and as expected, there have been many bumps along the road. Many of our children have been struggling with anxiety– not only due to adjusting after so long off, but also because schools feel very different in this “new normal.” It was only to be expected that it would be a difficult transition and if you are finding things hard, you are not alone. If you need support we are here.

Because of these challenges, I have spent a lot of time in the last week or so adding support materials to our Google classroom. All the educational materials have remained, but there's now lots of resources for parents and carers with toolkits for everything from sensory issues to school anxiety. I still have loads more to upload so please keep checking in to see what has been added.

I really hope this is helpful and please ask if you need directing to a resource, or if you have any requests. For the classroom code please contact **Emily ChAPS**.

The latest restrictions, particularly for our Halton and Warrington members, may well have made you feel a little anxious, frustrated or upset so please reach out if you need support and make the most of the opportunities for connection and understanding our ChAPS activities and Zooms offer. Throughout October I will be continuing my Zoom sessions for adults on the spectrum to ensure that our adults have mental health support and social connection through this next phase. I know it can be a little daunting doing something for the first time, but we are always pleased to see new faces and you will always get a warm welcome!

Keep safe and keep smiling. Together we can do this!

Emma x

Recommended Services

Our Tots Tribe Ltd & Our Tribe Care Services

We are a childcare agency and we have now expanded to also running a care agency. We provide SEN nannies, respite care and PA's to families who have children and young people with additional needs across Cheshire, Manchester and Staffordshire. Eleanor Brogan, Company Director.

For more information contact on:

E: ourtribemanagement@gmail.com

Facebook: [Our Tribe Care Services](#)

SEN Support Solicitors

Special Educational Needs Advisors, disability discrimination, tribunal support. Working and supporting Parents and Schools. Legal advice from people who understand and care as their own children have SEN.

For more information contact on:

T: 01606 254044

E: tamara@sensupportsolicitors.co.uk

To access click here <https://www.sensupportsolicitors.co.uk/>

CheshireMinDees

Mindfulness, tutoring and positive parenting support. Many of you know me as Di ChAPS already. I am a science teacher and have offered tutoring for over a decade (KS2- KS4) and continue to do so. There will be a huge demand due to COVID-19 so I thought I would offer pre-booking to members. Maths tutoring also available.

For more information contact on:

T: 07710 264927

E: Cheshire.mindees@gmail.com

NEST – Nurture, Educate, Support Tutor

Laura Stone is a primary school teacher with 16 years experience in her profession. She has tutored in schools across Cheshire for the last 5 years, and has experience in early years, Key stages 1 & 2 . Laura offers a child-centered approach with lots of awareness of engaging children with additional needs. Based in Frodsham, NEST offers private tuition for ages 5-11 in either small groups or individual sessions, and offers tutoring in a home setting . Key features: Self-contained space with a room and toilet separate from the general living space, Waiting room for parents if they wish to stay, and Covid safe.

For more information contact on:

E: nest3@yahoo.com

Facebook: <https://www.facebook.com/nestfrodsham/>

Local Services

Cheshire & Warrington Carers

Cheshire & Warrington carers has some **NEW** upcoming training sessions and some reminders of others that have been in the diary for a little while. All the sessions will be delivered via Zoom.

- ◆ **Thursday 1st October** 2:00pm -3:00 pm - Heartfulness - Join us to learn techniques to help you relax
- ◆ **Thursday 8th October** 2:00pm- 3:30 pm - First Aid in the home- delivered by the British Red Cross.
- ◆ **Monday 9th November** 2:00pm-3:00 pm- Libraries offer many more services than just book borrowing. Find out about `Books on Prescription`, Reading groups, e-books and other library services.
- ◆ **Thursday 19th November** 2:00 pm- 3:00 pm - Infection Control - gets hints and tips to help you manage care in the home.

Please note that places are limited. To book a place contact Jill (Carer Support & Advice Worker) on:

T: 0300 102 0008

E: jillian@cheshireandwarringtoncarers.org

To access click here <https://cheshireandwarringtoncarers.org/>

Making Space

Making Space provides services to support adults with care & support needs, and their carers covering Cheshire West & Chester. Over the coming months they are offering workshops and quizzes.

- ◆ **Wednesday 7th October** at 1:30pm Quiz Time
- ◆ **Tuesday 20th October** at 10.00am Poetry Workshop with Author Abi Pearson
- ◆ **Thursday 15th October** at 11.00am Walk and Talk Chester (Walk along the river)
- ◆ **Thursday 12th November** at 7:45pm Meditation with Jo Howarth Mindfulness Practitioner
- ◆ **Tuesday 24th November** at 1:30pm Gil Martin's Neighbourhood Watch and Christmas Scam Workshop
- ◆ **Wednesday 2nd December** Making Space Christmas Online Party - details to follow.

If you would like to attend any of the workshops or quizzes contact Hayley Gaylard Rees on:

T: 01606606694

M: 07773 223 850

E: hayley.gaylardrees@makingspcae.co.uk

Also offering 'Who will Care After I've Gone' course . Weekly sessions run over 4 week period, taking place 10.00—12.00 noon via Zoom. To book a place contact Yvonne Johnson on:

T: 01606 606694 or 07773 223174

E: yvonne.johnson@makingspace.co.uk

To access click here <https://wearemakingspace.co.uk/>.

Recommended Lockdown Activities

Tanja Sharpe - Confident Hearts Online Counselling, Coaching & Therapy

Online 'Best Gift is YOU!' course. To visit the website click here www.confidenthearts.com.

Sarah Pagdin 2Diverse – Free Webinar – Building Resilience for Families under Pressure.

To access click here <https://www.youtube.com/watch?v=gKzRXjrxSdI>

My Happy Hours - Dance sessions on Zoom with Ginette

Please see separate email for times, classes and prices.

ChAPS Google Classroom

During this time we are continuing to offer our activities with a range of classrooms shared by our staff and volunteers.

We have the following Classrooms;

- ◆ **ChAPS** from home - Offers a variety of learning resources & support materials for parents & carers regularly topped up by **Emma**
- ◆ Cook Club with **Claire**
- ◆ Art Club with **Claire**
- ◆ STEM with **Claire**
- ◆ Programming with James - Instructions on how to Programme with Python

ChAPS Adults Online Activities

ChAPS Adults

- ◆ **Mondays** 1.00pm -2-00pm Self Awareness with **Emma**
- ◆ **Wednesdays** 1.00pm -2.00pm Friendships, relationships and social skills with **Emma**
- ◆ **Wednesdays** 6.00pm -7.00pm Special Interest chat with **Emma**
- ◆ **Sundays** 5.30pm -6.30pm Social chat with **Emma**
- ◆ **Adults Spectrum** Connect Chat with **Di** listed in the diary events

ChAPS Bespoke Services

NEW! ChAPS Adult Provision - TO RESUME AFTER LOCKDOWN

Learning4Life is our **NEW** daytime provision for adults to learn social skills, as well as other life skills and develop friendships and build trust with others.

We are providing support with day to day activities, in a facilitated environment, for 6 hours a week for our members at the rate of £75 per day, in line with social care Direct Payments.

Spaces are currently available at the following sessions;

- ◆ **L4L Northwich: Thursdays 10am-4pm at our Northwich Training Room CW9 5BF.**
- ◆ **L4L Widnes: Fridays 10am-4pm at the John Dalton Centre, Mayfield Avenue, Widnes WA8 8PR.**

For more information please email **Carey** on families@cheshireautism.org.uk

For Children... Mindfulness

Our Youth Mindfulness programme has been very popular, it helps to give children new skills to help with anxiety and coping strategies, as well as helping them build resilience. It is an 8-week course which runs on one evening a week and we have delivered in Chester, Northwich, Ellesmere Port and Runcorn.

It is necessary to register interest for your child or young person aged 5-15yrs on this [link](#). Children will be grouped according to age. Grateful thanks to our Youth Mindfulness practitioners, Gill and Di.

Ongoing sessions for children that have completed any of our mindfulness courses are now available on Zoom - please contact **Emily to access!**

The Club

A Specialist Socialisation group for children 7-11yrs in Northwich on Tuesday evenings and Chester on Mondays, both at 5-6.30pm. The Club runs every week including school holidays and costs £7.50 a week to access. Over Lockdown, we have moved to Online Sessions for The Club children to engage in STEM experiments. Chester is resuming sessions in September and hopefully October for Northwich.

Email **Carey** families@cheshireautism.org.uk to be added to the waiting list. Children on the waitlist will be offered a place when one becomes available. Those children will then be offered a trial for half an hour with parents to assess whether your child will benefit from this provision.

Lego-Based Therapy

A six-week course for 1 hour on a weekday evening, in small groups of 6 children. The course follows the principles of LEGO®-Based Therapy to encourage children to increase their social skills by building LEGO® models in groups. The approach was developed by Dr. Dan LeGoff, a Clinical Neuropsychologist from Philadelphia, USA. The aim of the therapy is to help children to develop social interaction skills in a friendly, fun setting. We have delivered this learning in Runcorn, Northwich and Ellesmere Port. Sessions have also been integrated into The Club, Youth Clubs and ChAPS Holiday Club. **To register your interest please click [here](#).**

For Parents... Best Gift is You!

The **Best Gift Is YOU!** is a 6-week course, 2 hours per week for parents – it is a unique programme which helps parent carers to explore ways to reduce stress and anxiety while finding more calm, confidence and balance. The course combines CBT, NLP, Mindfulness and Self-help strategies. We have run day time and evening courses previously. Some comments from parents who have completed the course include...

"It has helped to reduce my anxiety and to deal with stressful situations. It has also made me think about how I can relax when I need to. The course itself is a relaxing hour and a half, but it also gives you more tools for relaxation and positive thinking."

"This has been a fantastic course for me. It has helped me to look at self-care and how imperative it is in sustaining my own health and wellbeing and that of my family. The group and the leaders have helped me enormously with the sharing of their personal experiences to give me ideas and help me realise I am not alone. I wish it could continue for a further 8 weeks or more. It has helped me to consider helpful ways to move forward."

"This course has allowed me to take a step back and go back to basics, strip everything back and meditate. I am able to use the techniques of Mindfulness & Meditation as a whole family with my children and the writing down and throwing away principles."

"Attending 'The Best Gift is YOU' course has provided me with the opportunity to share, develop and to appreciate others. I believe that more men would benefit from the lessons that the course imparts."

If you are interested in this course, please contact **Carey** on families@cheshireautism.org.uk

ChAPS TRAINING — Resuming after Lockdown

Open Award Certified Training for Professionals working with Autism

We are delighted that we are 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. This course is certified to go towards CPD hours. 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! **For more details on the upcoming course dates visit www.cheshireautism.org.uk/news/events/**

Open Award Certified Training for Professionals working with PDA

In addition to the above course, we can now confirm that our second course, "Introduction to PDA" has now been accredited. Professionals working with children who have extreme reactions to everyday demands then this course will arm you with some useful strategies and understanding. **Emma** is a mum to two autistic children, one with a PDA profile and has 15 years teaching experience with many challenging children.

The parent's version of this course has previously been run in both Runcorn and Northwich and has had excellent reviews from our parents who have been able to immediately implement useful strategies.

Dates for this exciting new course will be released shortly and we already have had lots of interest in this as awareness increases. **For more information, contact Emma on support@cheshireautism.org.uk**

Bespoke Training

We are able to tailor and deliver training bespoke to the needs of any companies, schools, clubs etc. Please contact **Emma** for more information and to discuss your training requirements.

Online Activity Updates!

Check our **Online Timetable** for Adults and Children. We are continuing to provide all sessions at this time via both Zoom and Google Classroom. Updates to our timetable will be sent to Members via email. Our **Online Timetable** is also available in files in our closed **Activities Facebook** group. If you would like a copy, please contact **Emily ChAPS** on warrington@cheshireautism.org.uk and she will send it to you.

Di ChAPS is running numerous children's online sessions every week. These include mindfulness, teen chats and more. The information for the sessions can be found on our **Online Timetable**.

Diary of Events

Purple Bold are the activities that are BOOKED to go ahead in OCTOBER

*** Bold are the sessions that will be delivered via ZOOM ***

1 Oct	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
1 Oct	NORTHWICH	Learning4Life based at ChAPS Autism Centre with Emma & Team.	10am-4pm
1 Oct	E'PORT	Kidz Club at CofE College CH65 6EA with Diane & Sam.	5-6.30pm
1 Oct	ZOOM!	Parents Meeting with Diane - Virtual Massage with Leona!	7pm
1 Oct	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Rach & Josie.	7-8.30pm
2 Oct	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	11-11.45pm
3 Oct	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
5 Oct	CHESTER	Walk & Talk for Parents at Countess Park CH2 1UL with Claire & Diane.	10am-12pm
5 Oct	CHESTER	Kidz Club at St. Oswald & St. Thom Hall CH1 4AG with Bri & Diane.	4.30-6pm
5 Oct	ZOOM!	Children's Mindfulness with Di.	6.30pm
5 Oct	WINSFORD	Youth Club at New Images CW7 2HG with Jennie , Cathy, Jeff, Bobbie, & Cody.	6.45-8.15pm
5 Oct	ZOOM!	Spectrum Connect with Di & Bobbie.	8.30pm
7 Oct	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Steph.	4-6pm
7 Oct	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Diane & Kerry.	5.30-6.45pm
8 Oct	NORTHWICH	Learning4Life based at ChAPS Autism Centre with Emma & Team.	10am-4pm
8 Oct	RUNCORN	Halton Kidz & Youth Club - Tubing at Ski Centre WA7 6PT with Rach.	5.45-6.30pm

8 Oct	E'PORT	Youth Club at CofE College CH65 6EA with Jacqui, Diane & Jess.	6-7.30pm
8 Oct	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
10 Oct	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Bri, Diane & Jonnie.	3-4pm
10 Oct	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Bri, Diane & Jonnie.	4.15-5.15pm
11 Oct	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	12.30-2.15pm
12 Oct	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire & Diane.	12-2pm
12 Oct	NORTHWICH	Crafty Club at ChAPS Autism Centre with Terri & Nic.	1-2.30pm
12 Oct	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Brian & Diane.	4.30-6pm
12 Oct	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey & Bobbie.	5-6.30pm
12 Oct	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph.	5-6.30pm
12 Oct	ZOOM!	Teen Mindfulness - 12yrs+ with Di.	7.30pm
12 Oct	ZOOM!	Parents Meeting with Di.	8.30pm
14 Oct	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Diane.	4-6pm
14 Oct	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Diane, Lauren and Bri.	7-8.30pm
15 Oct	ZOOM!	Warrington Parents Meeting with Steph.	10am
15 Oct	NORTHWICH	Learning4Life based at ChAPS Autism Centre with Emma & Team.	10am-4pm
15 Oct	ZOOM!	Parents of Adults Meeting with Carey.	11am
15 Oct	E'PORT	Kidz Club at CofE College CH65 6EA with Diane & Sam.	5-6.30pm
15 Oct	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
16 Oct	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	11-11.45pm
17 Oct	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
18 Oct	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
19 Oct	ZOOM!	Parents Meeting with Claire & Diane - Virtual Massage with Leona!	10am
19 Oct	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Bri & Diane.	4.30-6pm
19 Oct	ZOOM!	Children's Mindfulness with Di.	6.30pm
19 Oct	NORTHWICH	Youth Club at ChAPS Autism Centre with Jennie, Cathy, Jeff & Bobbie	7-8.30pm
19 Oct	ZOOM!	Spectrum Connect with Di.	8.30pm
20 Oct	NORTHWICH	Adults Yoga at ChAPS Autism Centre with Sarah & Carey.	1-2pm
21 Oct	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-7pm
22 Oct	NORTHWICH	Learning4Life based at ChAPS Autism Centre with Emma & Team.	10am-4pm

22 Oct	RUNCORN	Halton Kidz & Youth Club - Tubing at Ski Centre WA7 6PT with Rach.	5.45-6.30pm
22 Oct	E'PORT	Youth Club at CofE College CH65 6EA with Jacqui, Diane & Jess.	6-7.30pm
22 Oct	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
23 Oct	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10am-12pm
24 Oct	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Bri, Diane & Jonnie.	3-4pm
24 Oct	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Bri, Diane & Jonnie.	4.15-5.15pm
25 Oct	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Steph.	12.15-1.15pm
25 Oct	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Steph.	1.30-2.30pm
26 Oct	NORTHWICH	ChAPS Session at Geek Retreat CW9 5LA with Cathy & Jennie.	12-1.30pm
26 Oct	NORTHWICH	Crafty Club at ChAPS Autism Centre with Terri & Nic.	1-2.30pm
26 Oct	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Bri & Diane.	4.30-6pm
26 Oct	ZOOM!	Teen Mindfulness - 12yrs+ with Di.	7.30pm
26 Oct	RUNCORN	Spectrum Connect in Runcorn with Rach.	8-9.30pm
26 Oct	ZOOM!	Parents Meeting with Di & Leona.	8.30pm
27 Oct	DARESBUY	Code a Sphero at Daresbury Village Hall WA4 4AJ with Steph.	10am-12pm
27 Oct	RUNCORN	Home Education Crafts Club at Runcorn Training Room with Steph.	11am-12.30pm
28 Oct	CHESTER	Chester Boat Cruise CH1 1SZ with Claire & Diane.	10-11am
28 Oct	WINSFORD	Urban Air Trampoline Park CW7 3RL with Carey & Cathy.	4.30-6.30pm
28 Oct	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Diane, Lauren and Bri.	7-8.30pm
29 Oct	NORTHWICH	Learning4Life based at ChAPS Autism Centre with Emma & Team.	10am-4pm
29 Oct	BLAKEMERE	ChAPS Session at Cheshire Falconry CW8 2EB with Carey & Nat.	11.30am-2pm
30 Oct	CHESTER	Painting Lesson at Pictura Studios Chester CH1 1LQ with Claire.	10-11.30am

Need More Help or Information?

Ruth/Helen - For or Attention Card Applications, Gift Aid, Child Registration Forms & everything else Admin

E: Admin@cheshireautism.org.uk

T: 0344 850 8607

Rachael, Weekend Support - For Advice, Support & Activities during the weekend

M: 07309 692786

Emma, Specialist Teacher - For Advice, Signposting or Support

E: support@cheshireautism.org.uk

M: 07462 868322

Emily, Warrington & Halton Team Coordinator - For Activities, Eventbrite, IT & all things Halton & Warrington

E: warrington@cheshireautism.org.uk

M: 07491 001360

Carey, Families Manager - For intensive group sessions, staffing, venues, The Club, Counselling

E: families@cheshireautism.org.uk

M: 07462 887815

Natalie, Business Manager - For recruitment, finance, GDPR, safeguarding, & any fundraising ideas!

E: business@cheshireautism.org.uk

M: 07476 280356

Jo, Managing Director- For anything else!

E: jo@cheshireautism.org.uk

M: 07764 842422

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



Steve Morgan
FOUNDATION

